EXPERIENCE JAPAN IN NEW YORK CITY — WHAT'S NEW?

CHOPSTICKS NEW YORK

11
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vol. 007
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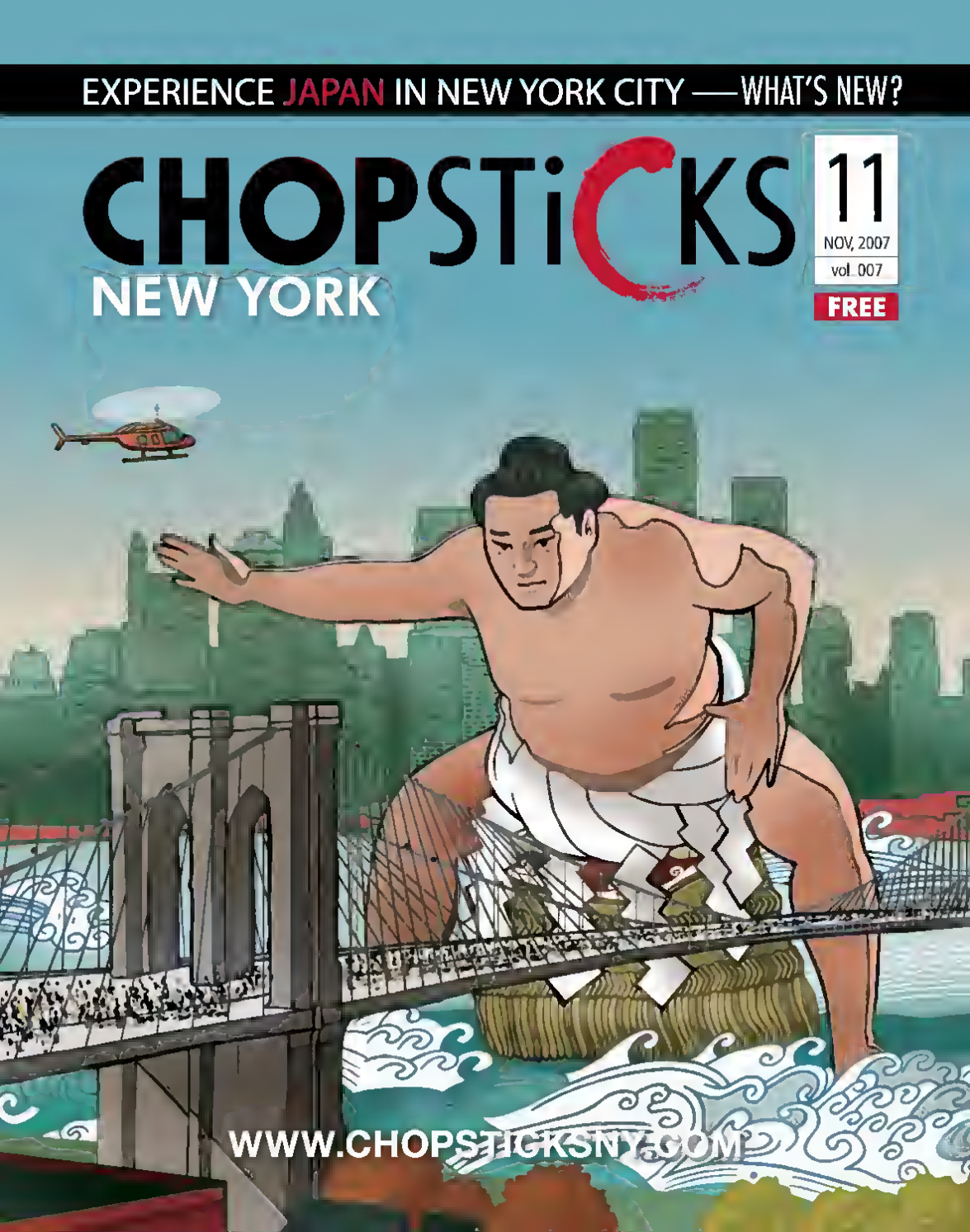

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CHOPSTICKS
[November 2007, Vol. 007]

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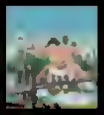

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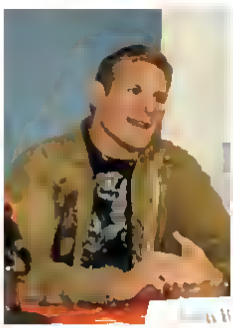

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"SOMETIMES IN YOUR LIFE, YOU HAVE TO FIGHT." —JOSH BARNETT

In 2002, at the age of 24, he became the youngest UFC Heavyweight Champion. Josh Barnett, the current King of Pancrase Open Weight and the top-ranked Mixed Martial Arts heavyweight fighter, now adds a new title to his career: sports commentator. This samurai-like, soft-spoken fighter opens up to *Chopsticks New York* about his fighting philosophy, his influence from Japanese fighters, and his passion for Japanese Anime.

Josh Barnett: Born in Seattle, Washington. He captured the UFC World Heavy Weight Champion by defeating *Randy Couture* in UFC at the age of 24, making him the youngest UFC champion in history. He became the 10th King of Pancrase when he defeated *Yuki Kondo* in 2003. He is still the current King of Pancrase and has defended his title 2 times. From 2003-2006 he worked for New Japan Pro Wrestling and was one of the top stars in the Japanese pro wrestling market. His nickname is "Baby Faced Assassin" and "Aoi me no Kenshiro (Blue-eyed Kenshiro)." Official Site: www.joshbarnett.tv

Would you tell me how Japanese fighters inspired you?

When I grew up, pro-wrestling was really the driving force behind my interest in fighting, and through that I found leagues like **Pancrase, UWF, UWFI,** and **RINGS**. Watching the shows, there was something about the way the fights were structured and in the way the fighters approached the matches that really struck a chord with me. I'm not Japanese but I really respect their drive and fighting spirit in the ring. It doesn't matter whether they're losing or winning, they'll fight even in the most unwinnable situations. They could be completely outmatched, completely outsized, but it doesn't matter, they still went into the fight straight on. It really struck a chord with me, and I really identified with certain fighters like *Akira Maeda, Masakatsu Funaki, Minoru Suzuki, and Antonio Inoki*. I was really inspired by their matches.

Any influence from the philosophy of Japanese Budo?

I've read books on Budo and Hagakure and I really think they should be required reading for modern men. Philosophically, I think men are maybe a bit too soft nowadays. And it's funny, within the Hagakure they even talked about going from the Feudal period and the warrior states to the period of building up the bureaucracy and their complaints about the society of men at the time were very similar to what a person now like myself has to say about society nowadays. I think this shows that it's cyclical not only from country to country, but around the world. It's not just America that went through this change, it happened in Japan, too. I think people don't need so much government in their lives to tell them how to live. I think that takes away people's

free thinking and also their ability to think about doing what's right because they are always being told what to do. And at the same time, I think people really need to stand up for themselves within society and within their social relationships. I grew up in America, where they were teaching people not to fight at any or all cost, but sometimes in your lives, even outside of the ring, there's times when you have to fight. Otherwise you can't respect yourself and other people look at you and they won't respect you either.

I heard you're a great fan of Japanese pop culture. Would you tell me about that?

I grew up watching Japanese pop culture like a lot of people my age. Companies were bringing over shows like **Uchusenkan Yamato**, **Macros**, and things like **Ultraman**, **Godzilla**, **Mazinger Z**, that were cheap to import, subtitle or re-dub and show on syndicated television or on cable TV. It was an easy way for them get programming. Growing up, me and all my peers, we watch this stuff which is why Japanese anime and manga has so much influence within American pop culture now and why anime makes up the majority of DVD sales in the US - because of the groundwork of our generation watching all this stuff as kids. These shows felt like they had actual life and romance, there were serious relationships, there was drama, there was illness, there were a lot of things that were never touched upon with American children's programming. Every morning, me, my father my mom, my sister we all got up and watched **Yamato**, every day. We were really drawn into the characters and the stories. So, I really, really, really, really, really love Japanese shows like that. Not so much the sentai stuff, but the kaiju films, even the samurai jitsugeki stuff. It's just cool. How could you not like it?

What's your favorite program other than Yamato?

Hokuto no Ken is my number one show. That's my favorite. But I have a lot of favorites. I like, you know, Godzilla, when I was a kid, and **Ultraman**. And also **Giant Robo**, that was a cool show, I still really like it. I have a lot of stuff on DVD, and I still watch it.

So, did you learn Japanese?

A little bit. I practiced my pronunciation more than anything else. So when I did get to Japan, what I learned from books got me laughed at, but it made it easier being around my friends. I mean, they teach me language and also just in my casual observance and hearing and processing it, and being able to repeat it back. I didn't make any mistakes like Ken Shamrock, who was introducing himself to the audience for the first time in Pancrase, he said, "Menisan Kanbanwa (Correctly: Minasan Konbanwa)."

You mean you can say more...

Exactly. People really understand what I'm saying, "Nandayo are (What is he talking about?)."

You visited Japan many times. What're some of your favorite places?

I love Tokyo. I really like Shinjuku Nishiguchi because there're a whole lot of shops like Yodobashi Camera. Yodobashi Camera has many specialty shops selling video games, toys, collectable hobbies, PC, watches. I have a gold point card. I think, for aesthetic, maybe Meguro, Daikanyama, Yoyogi. There are really cool places there. I just love Tokyo in general. It's just an awesome place.

You didn't mention Akihabara,...

Of course, I love Akihabara. That is so completely obvious. I thought you were talking about other things.

Would you describe Akihabara to the readers?

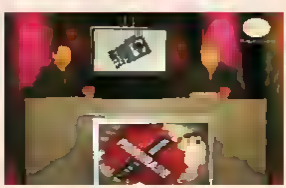
Let's see..... "Electric Wonderland." Anything you can think of is there. From every component needed to create what you want, to the most high-tech piece of equipment you could ever need. They have the best, high-end stereo equipment right alongside the latest anime DVD titles. It's really an Otaku paradise.

And your paradise.

Yes. Yes.

— Interview by Noriko Komura

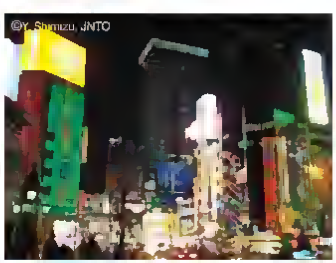
"Pancrase: Legends of Mixed Martial Arts"

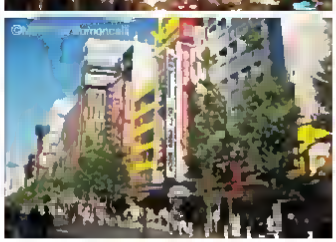


A weekly TV program showcasing the highlights of classic Pancrase fights, broadcast on ImaginAsian TV (Premier on November 7th) it features such notable competitors as *Sebastian "Bas" Rutten*, *Frank* and *Ken Shamrock* *Masakatsu Funaki*, *Minoru Suzuki*, *Yuki Kondo* and others. The current King of Pancrase Open Weight Champion *Josh Barnett* will provide expert commentary of the action inside the ring as the host of this new cable series.

ImaginAsian TV www.istv.tv

Hagakure is a practical and spiritual guide for a warrior drawn from a collection of commentaries by the samurai Yamamoto Tsunemoto. The book records Tsunetomo's views on bushido, the warrior code of the samurai.



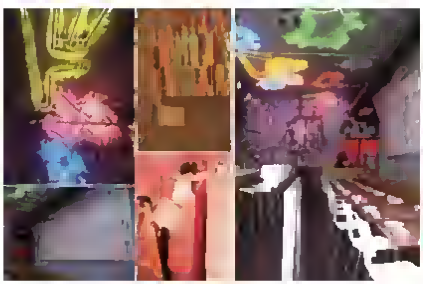


Akihabara district of Tokyo is Josh's paradise

Restaurant

Cool Tokyo Style Meets Tribeca

Tokyo Bar is the must-go-to place for those who are crazy about Japanese contemporary art and culture. It opened in Tribeca this past September. The creative house, Transit General Office, which produced the famous Gucci Cafe in Tokyo, collaborated with a team of artists to create this place for New Yorkers. At Tokyo Bar, manga characters are displayed all over the ceiling, and neon tube lamps are used to show word balloons in manga. They were created by mashcomix, which consists of a group of designers who try to transform comics into artwork. Their unique works of art attract great attention in Japan. Moreover, the internationally known graphic designer, Mr. Kashiwa Sato, who created the unique logo with Japanese Katakana characters for Uniqlo NY in SoHo, joined this project. TEAM LAB NET has introduced an art form that uses spine labels on wall surfaces and expresses a bookshelf as a picture. Although Tokyo Bar is worth the visit just for its kitschy interior, it's also a cafe. They serve what they call "Cafe-Meshi," a sort of Japanese traditional interpretation of western food, which became a comfort food for the Japanese people. Some of the typical dishes are omu-nce (an omelet with fried nce), Japanese style curry, and Napolitan (spaghetti with ketchup sauce). Other signature dishes are Berkshire-pork-sausage soup and Parmesan flavored pork-loin cutlet. Check out this cool newcomer and feel how Tokyoites relax.

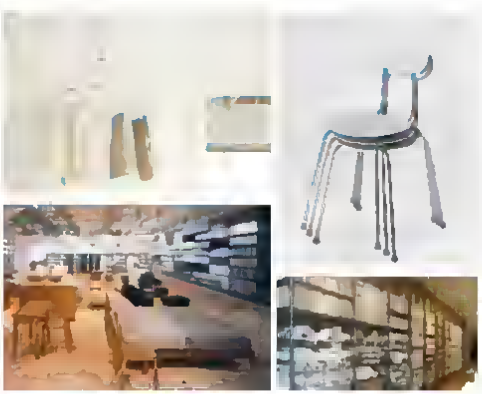


Tokyo Bar
277 Church St. (btwn. Franklin & White Sts.)
Tel: 212-965-2787 www.tokyobar-nyc.com
Closed on Sundays

Shop

Generic Power - MUJI will open its first U.S. Store in November 2007

Good news for New Yorkers! The first MUJI store in the U.S. will open in SoHo this fall. MUJI, originally founded in Japan, sells a wide variety of household, apparel, and food products. MOMA stores have been offering their simple cool products in NYC. Literally translated, Mujirushi Ryohin, the name by which MUJI was originally known, means "no brand quality goods." The value of the MUJI product is in what it is, even without the name of a brand and/or the name of the person designing it. The core of MUJI products lies in its flexibility and modesty to fit different thoughts and styles of the individual. MUJI does not direct its product range at any one particular sector, rather aiming to be universally relevant. MUJI products maintain reasonable price levels, not by compromising quality, but by careful selection of materials and the elimination of unnecessary production processes and wasteful packaging. The store will offer over 2,000 items of MUJI products, including about 570 items of stationary, 40 items of furniture, 190 items of fabric, 590 items of house wares, 270 items of health & beauty products, 20 items of outdoor supplies, 30 items of electric appliances, and 330 items of apparel. Check out their website to get more info about store opening.

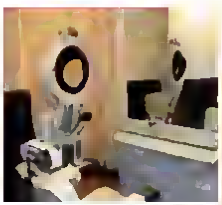


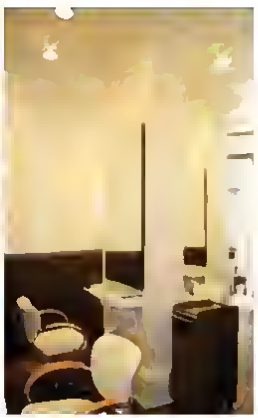
MUJI 455 Broadway NYC www.muji.com

Beauty

Full Service Salon Comes To Your Neighborhood

Tucked along a quiet residential block West of Hudson Street in the Village, Yui is found with a chalkboard standing outside with information on specials, sales and services offered. The New York branch opened on August 28th to compliment its main store in Japan. Specializing in hair anti-aging, Yui caters mainly to local patrons. When asked why this location, Nobuko Konno, one of the owners said she loved the area. Anti-aging treatments include a number of different things for scalp care, from deep cleansing to henna, steam, 3-point shiatsu and a scalp, neck and shoulders massage all to promote blood circulation. The salon staff are a friendly group, some permanent and others freelance, many of whom have experience working during fashion week. It also should be noted that one of the owners was a chief hair stylist at one of the most popular salons in Tokyo. Bridal hair and makeup packages, including a one hour consultation, are also offered at Yui. Look for Yui's original brand shampoo and conditioner, crystal gel and sedoso mist. Crystal gel is popular among American customers and stylists alike. Ingredients include a water-based silicone that rinses out after each wash. Great for damaged hair, made with crab shell, crystal gel is a great anti-oxidant to rejuvenate hair.





Yui Salon
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From Japan

The Super Cute Characters of Japan

If you've ever been to Japan before, have you noticed the buses in Tokyo? Or did you pay any attention to the signboards on the streets? You may have noticed that they are all besieged by kitschy animated characters and names. Animation has penetrated so deeply into the culture, that even public services use them, and are seen everywhere in Japan, where cute characters such as Hello Kitty and Pokemon were produced. One good yet obvious example is the public community buses, running within each city in Tokyo. The bus for Fuchu city named "CHU-BUS," that comes from this city's name, has an animated mouse as its symbol character. Since "Chu" is used as an onomatopoeic word for mouse's voice in Japanese, the city chose mouse for the symbol of its buses. It is a word game, actually. Chofu city uses many characters from the comic GeGeGe no Kitaro since the comic's author is a resident of the city. The city went so far as to hold a Kitaro event where many Kitaro items were sold there. Other public services, like the police department, have their own characters, like "Pepo," the brave representative of the Tokyo Metropolitan Police Department. They all aim to grab attention from residents, in order to make people more aware of their services.

In terms of small accessories, many kitschy characterized items are flooding into the market. Cute key holders are must-have items for gals. Even cell phones are dressed up in cuteness. Animal doll cell phone cases are available in Japan as well as small bags for make-up, pencil cases, mouse pads, iPod cases, it is impossible to count all of them. There's even a book about these kitschy characters, published by Chronicle Books and authored by Matt Alt and Hiroko Yoda, an American and Japanese couple. The book, Hello, Please: Very Helpful Super Kawaii Characters from Japan, introduces you to many of the cute characters that inhabit Japan with photos. Learn and surprise yourself and others about the super cute Japanese characters with this oodk!

KEITAI SHOSETSU (ケータイ小説)

Nouveau Literature Springs From Your Cell Phone

Japanese cell phones (aka Keitai) are the most advanced cell phones in the world, not just technically but culturally, too. In Japan, cell phones aren't just for talking, text-messaging, and taking pictures, but also for watching movies and TV, playing games, reserving tickets, and shopping. Then, around 4 years ago, a new style of literature, Keitai Shosetsu or cell-phone novels, started appearing on cell phones. Since their birth, Keitai Shosetsu have swept the nation and now tens of thousands of cell phone owners are addicted to them.

But what are Keitai-Shosetsu? They're novels updated almost every day that are formatted perfectly for reading on cell phones. People can read them anytime and any place. The portability of cell phones and their unique delivery system have both contributed to the development of this new style of reading.

Because display space is limited, each sentence is generally short, but the stories contain numerous conversations which make the reader feel that they're part of the story. Although the language is a little less elaborate, relying more on dialogue than on long descriptions, the stories are free from the conventional novel structure. And how do they sound?

"Jesus! I am sooo hungry/Can't wait no longer"/ Mika opened the bento-box/on her desk as usual/ "I hate school"/But the only pleasure I'm looking forward to,/is lunch with Aya and Yuka/my new best friends in this new class/ (Excerpt from "Koizora, Love Sky" by Mika)

The style is oddly poetic, reminiscent of Japan's long tradition of Haiku, but Keitai Shosetsu are far more pop than haiku. Instead of dealing with nature and the changing seasons, they deal with love and romance at school, bloody murder mysteries, and complicated psychological dramas. "I love Keitai-Shosetsu because they're short and easy," said a student from Akasaka High School. "The characters and conversations are so real that at the end I get very much into the story and sometimes I cry over the phone screen." At lunchtime, students make it a routine to check for updates of their favorite cell-phone novels. As they jokingly say, if you don't know the stories well, you'll be left out of what your friends are talking about.

These days, books aren't selling so well, but Keitai Shosetsu, which have low production and promotion costs, have managed to create mass appeal to thousands of readers. Ironically, when they're bound and printed, Keitai Shosetsu often wind up on the best seller list. Major publishers are starting to acknowledge this new market and there are already 30 professional Keitai Shosetsu writers in Japan. Now, a major newspaper in conjunction with a Keitai Shosetse website will host "The Second Annual Japan Keitai Shosetsu Awards" in November.

"I just wrote what happened to me in real life" says Mika, the author of "Koizora". The novel started on a small website but gradually became a cult among young readers, with a total of 18 million users accessing the site, and more than 1.4 million copies of the printed version sold. This fall, a movie version has been released in Japan. Mika, the author, was not a professional writer and she can't help wondering about her overnight success. But she attributes it to the communal character of cell phone users. "Everybody supported the novel through cell phones and the internet. I was so encouraged. This is a story was made by everybody in the Keitai community."

Keitai Shosetsu is still evolving as the technology shifts and with its pop culture roots and appeal to a young demographic, no one expects the Nobel Prize in Literature to go to a Keitai Shosetsu writer. But you never know.

—Hideo Nakamura

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Aimee Major Steinberger	Character Animator for The Simpsons and Futurama
Peter Fernandez	The Voice of Speed Racer on Speed Racer
Corinne Orr	The Voice of Trixie on Speed Racer

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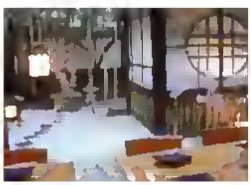
At Seo the best of both worlds are present. Natural wood touches and glass opening to a rock garden in the back recreate the tranquility of Kyoto while offering a traditional Tokyo taste. Chef Seo, awarded the National Culinary Excellence Medallion in 2002, has 30 years experience in traditional cuisine to bring New York the finest in a non-Americanized experience. American expats love this neighborhood treasure in Midtown East as do Japanese businessmen and women. The menu is broken down to courses. First come small appetizers, a second course then a main dish. Keeping to tradition, Inaniwa Udon is served at the end of the meal to satiate one's appetite. A legendary thin udon made with selected wheat, spring water and the finest sea salt, Inaniwa Udon is similar to linguine and directly imported from Akita, Japan. An extensive imported wine and sake list accompanies the outstanding food. Aside from a few visible fire escapes in the background, bamboo and touro (lantern) in the rock garden and a distinctly authentic taste transports patrons to the Eastern Hemisphere. Don't forget to make reservations for dinner!



ASSORTED DISHES

Cold pumpkin in Bonita broth ($7) Tomato & Asparagus Salad ($9)

The most popular dish among Japanese customers **BEST 3!**

1. Sesame Tofu ($7)
2. Grilled Lightly Salted Free Range Chicken ($18)
3. Inaniwa Udon ($13)

JAPANESE YATAI (STALL) -STYLE-IZAKAYA

Go Restaurant

30 St. Marks Pl. (bet. 2nd & 3rd Ave.)
Tel. 212-254-5510
Mon-Thurs, Sun. 6pm-2am, Fri&Sat: 6pm-4am

Located right smack dab in the middle of St. Mark's Place, Go is a neighborhood landmark much like the Sock Man and Andromeda across the way. Open late, Go serves a variety of different styles. There's an exclusive yatai-dish menu, a regular menu with sushi, donbun, curry and udon among other things, and a "kitchen menu" with traditional Japanese dishes. Perfect if you're looking for a real meal during late hours, this hole in the wall will provide you with hot dishes on weekends until four in the morning! The okonomiyaki is a favorite here, prepared in the Hiroshima style with loads of cabbage. Also worth mentioning is Oden, a stewed broth, great during cold months. One can choose from a number of different varieties of fish cake, daikon (radish), konnyaku (vegetable gelatin), tamago (egg), atsu age (deep fried tofu) and mochi-kin (specially prepared mochi). If you're on a budget you'll find fellow conscious NYU students frequent Go for their reasonable prices and generous quantities.

OKONOMIYAKI

Pan-fried layered pancake with shredded cabbage, pork and yakisoba topped with fried egg, okonomiyaki sauce and mayonnaise.

The most popular dish among Japanese customers **BEST 3!**

1. Okonomiyaki ($7.50)
2. Miso Ramen ($8.50)
3. Takoyaki ($8.50)

CHINESE

Peking Duck House

236 East 53rd St. (bet. 2nd& 3rd Ave.)
Tel: 212 759-8280/1 www.pekingduckhouseny.com
12pm-10:30pm Daily

Peking Duck House is a mainstay of New York's eclectic restaurant culture. Established in 1980 under the name Beijing Duck, Peking Duck House was called Maple Garden before settling on its name three years ago at its current Midtown East location. Drawing an international clientele, Peking Duck House makes the finest in the popular Duck preparation that involves several important steps. First the bird is air pumped, then repeatedly spread with boiling water and carefully dried. Lastly the skin is rubbed with maltose and the duck is roasted in an oven until the meat is tender and the skin crispy. One duck can be shared between two people. Shark fin soup is another popular choice especially among Asian clientele. Fresh ingredients are used daily to deliver the best. Private or floor seating options are available. Two private rooms in the back accommodate up to 40 people. There is an 8 person minimum however to use these rooms, perfect for private parties. A handful of Lazy Susans are arranged next to regular tables. Excellent service and delicious food go hand in hand at Peking Duck House.

PEKING DUCK

Whole duck served with house made pancakes, green scallions, fresh cucumbers and special hoisin sauce ($45)

The most popular dish among Japanese customers **BEST 3!**

1. Peking Duck ($45)
2. Szechwan Prawns ($25-50)
3. Crispy Sea Bass ($25.95)

JAPANESE MODERN JAPANESE

Torigo

198 Jericho Turnpike, Floral Park, NY 11001 Tel: 516-352-1116 www.torigorestaurant.com
Lunch: Mon-Fri: 11:30am-3pm Dinner: Mon-Thurs: 5pm-10pm, Fri: 5pm-10:30pm
Sat: 2:30pm-10:30pm, Sun: 5pm-9:30pm

Crisply starched tablecloths and an open kitchen are a warm sight when entering Torigo, a welcoming place, just as owner Aki Hirahata wanted. The unique menu features Japanese items with a twist, and Hirahata's roots in western style cooking are evident. The main house rule is to avoid chemical additives, like MSG, as much as possible. Based on a desire to have customers eat food as close to its natural form as possible, sauce preparation starts in the morning and the vegetable broths that make the base of the sauces slowly simmer throughout the day. One of the fruits of this labor is the popular menu item "tropical chicken teriyaki." The teriyaki sauce is made with pineapple, apple, and vegetables that have been simmered till they disintegrate and form a silky sauce. Since the fruit naturally sweetens the sauce, it tastes light, without any of the sweetness that tends to characterize teriyaki sauce. Hirahata, who wanted to be a photographer in his youth, says that in both photography and food, the key is pursuing the unique appeal of the ingredients you work with. This philosophy is apparent in each of his dishes, and turns the act of eating them into a small joyful experience.

TROPICAL CHICKEN TERIYAKI

Browned chicken is slathered with a homemade sauce made with fruits and vegetables for depth of flavor ($13.90). Perfect with a side of rice.

The most popular dish among Japanese customers **BEST 3!**

1. Gindara & Shrimp Teriyaki ($17.95)
2. Pork Teriyaki Ginger ($14.95)
3. Salmon Teriyaki ($15.90)

Japanese Restaurant Guide

$35 Average price for dinner entrees and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
M Tu W Th F Sa Su Day Close | Delivery
Family Dining
Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner

$ $25 and below

Upper West — Cafe SWISH
2953-5 Broadway (bet. 115th & 116th St) | 212-222-3563 | $20

Upper West — Lenge
200 Columbus Ave (bet. 69th & 70th St) | 212-799-9488 | $25

Upper West — Planet Sushi
380 Amsterdam Ave (bet. 78th & 79th St) | 212-712-2162 | $25

Upper West — Sushi A-Go-Go
1900 Broadway (bet. 63rd & 64th St.) | 212-724-7340 | $22

Upper West — Tomo Sushi & Saka Bar
2850 Broadway (bet. 110th & 111th St) | 212-665-2916 | $25

Upper East — East Japanese
354 E. 66th St. (bet. 1st & 2nd Ave.) | 212-734-5270 | $17

Upper East — Oyogu
1174 1st Ave. (bet. 63rd & 64th St.) | 212-751-8314 | $20

Upper East — Tatani 72
1400 2nd Ave (bet. 72nd & 73rd St.) | 212-472-1700 | $20

Upper East — Tauki Restaurant
1410 First Ave (bet. 74th & 75th St.) | 212-517-6860 | $25

Upper East — Yuba
1531 York Ave. (at 81st St.) | 212-988-5900 | $25

Midtown West — Ahi Sushi
308 W. 52nd St. (bet. 8th & 9th Ave.) | 212-262-2888 | $25

Midtown West — East 55
253 W. 55th St. (bet. Broadway & 8th Ave.) | 212-581-2240 | $18

Midtown West — Fuji
238 W. 56th St. (bet. Broadway & 8th Ave.) | 212-245-7137 | $25

Midtown West — Go Sushi
756 8th Ave. (at 51st St.) | 212-456-2288 | $10

Midtown West — GO! GO! CURRY!

Any days with # 5's is GO GO DAY. Get a free topping coupon on the 5th, 15th and 25th of a month. The Triple Crown winner of a Japanese curry contest is the one and only curry specialty restaurant in NY. Grand Slam Curry is a grand slam hit among New Yorkers!
273 W. 38th St. (bet. 7th & 8th Ave.) | 212 730-5555 | www.gogocurryusa.com | $8 5

Midtown West — Iroha
152 W. 49th St. (bet. 6th & 7th Ave.) | 212-398-9048 | $20

Midtown West — Ise 56
56 W. 56th St. (bet. 5th & 6th Ave.) | 212 707-0702 | $20

Midtown West — Kodama 45
301 W. 45th St. (bet. 8th & 9th Ave.) | 212-582-8065 | $20

Midtown West — Kyotofu
705 9th Ave. (bet. 48th & 49th St.) | 212-974-6012 | $25

Midtown West — Menchanbo-Tai
43-45 W. 55th St. (bet. 5th & 6th Ave.) | 212-247 1585 | $18

Midtown West — Menkui-Tai
60 W. 56th St. (bet. 5th & 6th Ave.) | 212 757 1642 | $23

Midtown West — Sapporo

Enjoy your meal with friends and family at our newly renovated Sapporo. We have a variety of authentic ramen noodle soups and Japanese comfort food. Reasonably priced, Sapporo offers the best value and taste. High chairs available. Open 7 days from 11am.
152 W. 49th St. (bet. 5th & 7th Ave.) | 212-869-8972 | $12

Midtown West — Tachigui Sobaya
732 7th Ave. (bet. 48th & 49th St.) | 212-265-8181 | $7

Midtown West — Teriyaki Boy
855 9th Ave. (bet. 57th & 58th St.) | 212-307 7202 | $7

Midtown West — Yoshinoya
255 W. 42nd St. (bet. 7th & 8th Ave.) | 212 703-9940 | $7

Midtown East — 212 Fukumatsu
212 E. 52nd St. (bet. 2nd & 3rd Ave.) | 212 754-4840 | $22

Midtown East — Amakusa
143 E. 47th St. (bet. 3rd & Lexington Ave.) | 212-593-3355 | $20

Midtown East — Azusa
3 E. 44th St. (bet. 5th & Madison Ave.) | 212-661-0001 | $25

Midtown East — Chiyoda Sushi
18 E. 41st St. (bet. 5th & Madison Ave.) | 212-400-6980 | $18

Midtown East — Ooeya
137 E. 47th St. (bet. Lexington & 3rd Ave.) | 212-980-7909 | $25

Midtown East — Go Sushi
511 3rd Ave. (bet. 34th & 35th St.) | 212-679-1595 | $18

Midtown East — Go Sushi
982 2nd Ave. (at 52nd St.) | 212-593-3083 | $10

Midtown East — Ise 49
151 E. 49th St. (bet. Lexington & 3rd Ave.) | 212-319-6876 | $25

Midtown East — Izakaya Aniyoshi

If you are looking for authentic and reasonable izakaya style Japanese food, Aniyoshi is the place to be. Homey atmosphere is perfect to relax and enjoy over 100 kind of home-style cooking. Fresh ingredients make for a varied daily menu. Open until 4am.
229 E. 53rd St. (bet. 2nd & 3rd Ave.) | 212 813-3940 | $25

Midtown East — Katsu-hama
11 E. 47th St. (bet. 5th & Madison Ave.) | 212 758-5808 | $18

Midtown East — Manchanko-Tai
131 E. 45th St. (bet. Lexington & 3rd Ave.) | 212-888-6805 | $13

Midtown East — Nada-Sushi
135 E. 50th St. (bet. Lexington & 3rd Ave.) | 212-308-2537 | $25

Midtown East — Omusb

Omusub is often called rice balls in English. We serve not only traditional Omusubi but also nontraditional and novelty ones. Omusubi is a creative food that is [illegible] healthy. Please relax and enjoy delicious Omusubi in our stylish space. Catering is available!
156 E. 45th St. (bet. Lexington & 3rd Ave.) | 212-922-9798 | www.nicehall-omsb.com | $9

Midtown East — Kushi Q
723 3rd Ave. (bet. 45th & 46th St.) | 212-682-5614 | $7

Midtown East — Sushi Restaurant

Sushi offers Okinawan food unlike any other Japanese cuisine. Try Goya Champuru with brisket of pork featuring goya bitter melon and slow cooked pork belly. Okinawa soba and many other Okinawan dishes. Awamori. Okinawa Spirit available in variety.
232 E. 53rd St. (bet. 2nd & 3rd Ave.) | 212-935-1443 | $25

Midtown East — Sushi Time
921 2nd Ave. (bet. 48rd & 44th St.) | 212-888-8963 | $25

Midtown East — Teriyaki Boy
150 E. 46th St. (bet. Lexington & 3rd Ave.) | 212-557-5771 | $7

Midtown East — Yabiton East
210 E. 44th St. (bet. 2nd & 3rd Ave.) | 212-867-5075 | $20

Korea Town — Todai
11 E. 32nd St. (bet. Madison & 5th Ave.) | 212-725-1333 | $25

Chelsea — Daiah Sushi
300 W. 23rd St. (bet. 7th & 8th Ave.) | 212-727-0888 | $20

Chelsea — Daiah Sushi
300 W. 23rd St. (bet. 7th & 8th Ave.) | 212-727-0888 | $20

Chelsea — ENNJU
20 E. 17th St. (bet. 5th & Broadway) | 646-336-7004 | $10

Chelsea — Momoya
155 7th Ave. (at 21st St.) | 212-989-4466 | $20

Chelsea — Nooch
143 5th Ave. (at 17th St.) | 212-691-8600 | $24

Chelsea — Tabaya
144 W. 18th St. (bet. 6th & 7th Ave.) | 212-524-3335 | $10

Gramercy — Choshi

Located near Gramercy Park on a sidewalk section. Try our variety of original Sushi Rolls. Offering daily special for lunch and dinner. Lady's Set, Combination Box etc. Delivery and Take Out service is available. You can enjoy various kitchen foods.
77 Irving Place (at 19th St.) | 212-420-1419 | www.sushi choshi.com | $20

Gramercy — Hamachi
34 E. 20th St. (bet. Broadway & Park Ave.) | 212-420-4608 | $15

Gramercy — Izakaya Tan
207 10th Ave. (bet. 22nd & 23rd St.) | 212-627-7777 | $20

Gramercy — Kanten Sushi East
366 3rd Ave. (bet. 26th & 27th St.) | 212-889-2328 | $15

Gramercy — Mishima
164 Lexington Ave. (bet. 30th & 31St. St.) | 212-532-9556 | $25

Gramercy — Teriyaki Boy
19 Lexington Ave. (bet. 22nd & 23rd St.) | 212 260-4420 | $7

Gramercy — YAMA Restaurant
122 E. 17th St. (at Irving Pl.) | 212-475-0969 | $20

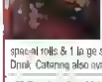
West Village — Go Sushi
3 Greenwich Ave. (at 8th Ave. & 8th St.) | 212 366-5272 | $10

West Village — Macumi
546 LaGuardia Pl. (bet. Bleecker & W 3rd St.) | 212 375-7055 | $25

West Village — Miyabi
121 W. 3rd St. (Mediterranean & 6th Ave.) | 212-677 2370 | $20

West Village — Swish Cafe
69 W. 3rd St. (bet. Sullivan & Thompson St.) | 212-777 9809 | $20

West Village — Tasta of Tokya
54 W. 13th St. (bet. 5th & 6th Ave.) | 212-691 8998 | $25

East Village — Ashiya Sushi

Experience the finest sushi and sashimi in East Village. Sushi, sashimi and special rolls are 50% off all day. All You Can Eat Sushi is $24.95 including chef's special rolls & 1 large sake. Add $5 more for All You Can Drink. Catering also available.
187 First Ave. (bet. 10th St & 11th St) | 212-505-7566 | www.ash ya2.com | $15

East Village — Cha-An

Try varieties of tea from China, Japan and India together with original sweets by our pastry chefs. Daily special sets for lunch and dinner are also perfect with wine or sake. Traditional tea ceremony in Sukiya-dri (tearoom tea room) available by reservation.
230 E. 9th St. 2nd Fl. (bet. 2nd & 3rd Ave.) | 212-228-8033 | www.cha-an.com | $25

East Village — Chiyono
328 E. 6th St. (bet. 1st & 2nd Ave.) | 212-673-3384 | $15

East Village — Esashi
32 Ave. A (bet. 2nd & 3rd St.) | 212 505-8720 | $25

East Village — GO Restaurant
30 St. Mark's Pl. (bet. 2nd & 3rd Ave.) | 212 254-5510 | $18

East Village — Isona Great Jonas

A popular authentic Japanese restaurant HEDEKI in NoHo has reopened its store as Isona Great Jones. Tuna and salmon sushi rolls are $3 and Japanese draft beer Sapporo is $3 during Renewal promotion. Please come visit us and enjoy your night!
57 Great Jones St (bet. Lafayette & Bowery) | 212-473-0456 | $20

East Village — Kura Sushi
67 1st Ave. (at 4th St.) | 212 375-8946 | $20

East Village **Kyo Ya** $25
(M E 7th St (bet 1st Ave and Ave A))
212-982-4140

East Village **Le Mu** $20
107 Ave A (bet 6th & 7th St)
212-473-3100

East Village **May's KU E BA** $20
121 2nd Ave (bet 7th & St. Marks St)
347-256-2655

East Village **Menkui-tei** $10
(3 Cooper Sq (bet 7th & St. Marks Pl))
212-228-4152

East Village **MINCA** $15
509 E 6th St (bet Ave A & B)
212-505-8001

East Village **Natori** $20
54 St. Marks Pl (bet 1st & 2nd Ave)
212-533-7711

East Village **Noodle Cafe Zen** $12
31 St. Marks Pl (bet 2nd & 3rd Ave)
212-533-8855

East Village **OH! Taisha** $20
9 St. Marks Pl (bet 2nd & 3rd Ave)
212-673-1300

East Village **Otafuku** $6
239 E 9th St (bet 2nd & 3rd Ave)
212-353-8503

East Village **Rai Rai Ken** $10
214 E 10th St (bet 1st & 2nd Ave)
212-477-7030

East Village **Saka Bar Satsko** $25
202 E 7th St (bet B & C Ave)
212-414-0333

East Village **Sapporo East** $20
164 1st Ave (at 10th St)
212-260-1330

East Village **Setagaya** $13
100% NATURAL JAPANESE NO 1 SHIO RAMEN
OPEN 7DAYS
141 1st Ave (bet St Marks & 9th St)
212-525-2740 www.setagaya-ny.com

East Village **Sobaya** $20
Making fresh Soba daily by hand with high quality buckwheat flour imported from Japan. All natural ingredients make soba healthy. Try Lunch box $15 with choice of soba or udon, sake & shochu and dessert. Daily special appetizer and sake selection for dinner.
229 E 9th St (bet 2nd & 3rd Ave.)
212-533-5505 www.sobaya.com

East Village **Sobakoh** $20
308 E 5th St (bet 1st & 2nd Ave)
212-254-2244

East Village **Sauan Restaurant** $20
28 E 13th St (bet Univ sity Pl & 5th Ave)
212-627-7150

East Village **Spoon** $20
What a hidden gem. It is located in the back room of Ramen Setagaya. This cozy romantic sake bar has outside seating as well. The house sakes are premium kinds, but at reasonable prices. Enjoy fine selection of sake and sushi, delicacy.
141 1st Ave (bet. St. Marks & 9th St.)
212-529-2740

East Village **Sushi Lounge** $12
132 St. Marks Pl (bet. 1st Ave & Ave A)
212-505-1188

East Village **Teriyaki Boy** $1
21 E 10th St. (bet. 1st & 2nd Ave.)
212-677-6058

East Village **Typhaon** $15
76 St. Marks Pl (bet. 1st & 2nd Ave.)
212-979-2680

East Village **Uminaia** $20
Umenoie is a Japanese comfort food restaurant in East Village with over 50 kinds of sake and shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan). Now serving shochu desserts.
96 E 3rd st. (bet. 1st & 2nd Ave)
646-654-1122

East Village **Village Yokocha** $20
8 Stuyvesant St 2FR (bet. 2nd & 3rd Ave.)
212-539-3041

East Village **Yakiniku West** $20
216 E 9th St. (bet. 2nd & 3rd Ave.)
212-979-8238

East Village **Yakitori Taisho** $20
6 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-228-5096

East Village **ZEN** $15
31 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-533-6835

Lower Mhn **Hiroko's Place** $15
75 Thompson St. (bet. Spring & Broome St.)
212-625-1303

Lower Mhn **ITSU** $15
250 Vesey St. (2 World Financial Center)
212-945-3096

Lower Mhn **Mottsu** $20
285 Mott St. (bet. E. Houston & Prince St.)
212-343-8017

Lower Mhn **Sauen Restaurant** $20
210 6th Ave. (at Prince St.)
212-807 7421

Lower Mhn **Suteishi** $20
23 Peck Slip (bet. Water & Front St.)
212-766-2344

Lower Mhn **Teriyaki Boy** $7
22 Maiden Lane (bet. Broadway & Nassau)
212-385-8585

Lower Mhn **Tokyo Lunch** $10
10 John St. (bet. Nassau St & Broadway)
212-608-1284

Lower Mhn **Yoshi Restaurant** $18
201 E. Houston St. (Orchard & Ludlow)
212-539-0225

Lower Mhn **Zutto** $20
77 Hudson St. (bet. Jay & Harrison St.)
212.233-3287

Brooklyn **Geido** $20
331 Flatbush Ave. (bet. Park & Prospect Pl.)
718-638-8886

Brooklyn **Iron Chef House** $15
92 Clark St. (bet. Henry St & Monroe Pl.)
718-858-0517

Brooklyn **Nori Sushi** $10
354 Graham Ave (Conselyea & Metropolitan)
718-302-5158

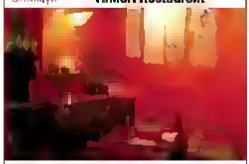
IZAKAYA
SAKE BAR Hagi
Conveniently located in Midtown West, Saka Bar Hagi serves variety of local sake and shochu at the bargain prices. You can watch sporting events on a large plasma screen TV or just spend quality time with your friends in this homey bar.
Sake Bar Hagi
152 W. 49th St. (bet. 6th & 7th Ave.) 212-764-8549

LUNCH M - F / 12pm - 2:30pm
DINNER M - F & Sat / 5:30pm - 11:30pm
Sun & Holiday / 5:30pm - 11pm
YAKITORI TORYS
248 E 52nd St New York, NY 10022 | 212-813-1800
www.torysnyc.com

FOOD is Heart
Large and small parties for up to 60 people. Can be closed for private parties
初花 PARK
237 Park Avenue (bet 45th & 46th St) Tel. 212 661 3400
Monday - Friday 11:45am-2:45pm (Lunch) 5:30pm-10pm (Dinner)

Brooklyn

Tamari Restaurant



Tamari's innovative fusion dishes are prepared by the owner/chef who uses carefully selected ingredients to create dishes unique only to Tamari's tapas menu. The name "Tamari" comes from a Japanese word meaning "hangout". Happy Sake Hour from open-6pm (tue-sun). Order a sake and receive a complimentary house sake. Try our popular cocktails like Japanese Mojito (lychee & sake) and Plum Kiss (plum wine & ginger sake)

201 Fifth Ave (bet. Union & Berkeley) $20 M L
718-230-5935

Long Island

Taka Sushi

A small hidden gem located in a strip mall in Westbury. Taka Sushi offers classic Japanese food with fresh fish, seasonal delicacies and a huge selection of pan-Asian sakes at reasonable prices. A popular dining spot among the Japanese locals in Long Island

821 Carman Ave Westbury NY 11590 $20 M L
516-873-0033

Long Island

Tongo

Come and try our grilled chilean sea bass with saikyo miso sauce
Specializing in Japanese grill and sushi Tongo in Floral Park,Long Island offers both traditional and contemporary innovative dishes

196 Jericho Tpk, Floral Park NY 11001 $20 L
516-352-1118 www.tongorestaurant.com

New Jersey

Tomo Sushi

A very popular Japanese restaurant in Princeton. Tomo Sushi serves beautiful creations of sushi that satisfies the body and the soul. Menu with more than 100 items including lunch specials and variety of meal sushi makes Tomo an exciting place to dine

236 Nassau St Princeton NJ 08540 $20 M L
609-924-8478 www.princetontomo.com

Queens

ARIYOSHI

41-13 Queens Blvd (bet. 41st & 42nd St) $18 L
718-937-3256

Queens

go wasabi

34-02 30th Ave (at 34th St) $23 L
718-204-7354

Queens

go wasabi

29-11 Ditmars Blvd (bet. 29th & 32th Sts) $23 L
718-204-8724

Queens

SUSHI ISLAND

87-16 Queens Blvd Elmhurst NY 11373 $25 L
718-803-3033

Upstate

Momiji

261 Halstead Ave Harrison NY 10528 $20 Tu L
914-835-1078

Upstate

Nishi

473 Ashford Ave Ardsley NY 10502 $20 Su L
914-833-2500

Upstate

Sakura

56 Garth Rd Scarsdale NY 10583 $15 L
914-723-7767

Upstate

Tanto

830 White Plains Rd Scarsdale, NY 10583 $10 Su L
914-725-8100

Long Island

Akari

2063 Merrick Rd Merrick NY 11566 $20 L
516-378-9868

Long Island

Karafune

77 Commack Rd Commack NY 11725 $17 Su L
631-499-1075

Long Island

Nagashima

12 A 1 Jericho Tpk Jericho NY 11753 $25 L
516-338-0022

Long Island

Sapporo

3268 Merrick Rd Wantagh NY 11793 $15 L
516-785-3953

Long Island

Shiro of Japan

401 Old Country Rd Carle Place, NY 11514 $20 L
516-997 4770

Long Island

SUSHI ICHI

700 N Country Rd Seauket, NY 1173 $25 L
631-689-3111

Long Island

TAIKO Restaurant

153 Village Ave Rockville Centre NY $18 L
516-678-8149

Long Island

Taka Sushi

1035 Broadway Woodmere NY 11598 $20 L
516-569-3606

Long Island

Yamaguchi

63 Main St Port Washington NY 11050 $25 L
516-883-3500

New Jersey

Asahi Japanese

1475 Kenyon Blvd Fort Lee NJ 07024 $17 Tu L
201-944-5113

New Jersey

Daimatsu

850 Mountain Ave Mountainsville NJ 07092 $25 M L
908-233-7886

New Jersey

East

1405 Teaneck Rd Teaneck NJ 07666 $15 L
201-837 1280

New Jersey

Higo Batten

2024 Center Ave Suite J&K Fort Lee 201-461-5468 $10 L

New Jersey

ICHIBAN

776 Bloomfield Ave. W. Caldwell NJ 07006 $20 L
973-808-7178

New Jersey

Italian Tomato (Mitsuwa)

595 River Rd Edgewater NJ 07020 $7 L
201-941-5113

New Jersey

Izakaya Don

671 Hillside Ave. Cliffside Park, NJ 07010 $25 Tu
201-941-3400

New Jersey

Kanoko

3865 Rt 27 & Rt 518 Princeton NJ 08540 $15 L
732-821-8822

New Jersey

Komegashi

103 Montgomery St Jersey City NJ 07302 $25 L
201-433-4567

New Jersey

Pinehill

123 Paramus Rd Paramus, NJ 07652 $20 Su L
201-843-0170

New Jersey

Sakura 46

308 W Route 46 Cliffside Park NJ 07010 $20 Su L
201-007 1867

New Jersey

Sakurabana

43 Franklin Ave Ridgewood NJ 07450 $25 M L
201-447-6525

New Jersey

Sentohka (Mitsuwa)

595 River Rd Edgewater NJ 07020 $10
201-941-1004

New Jersey

Senuki Sando (Mitsuwa)

595 River Rd Edgewater NJ 07020 $6 L
201-941-5113

New Jersey

Sugi

2117 Rt 4 E Bound, Fort Lee NJ 07024 $25 L
201-461-6036

New Jersey

Tomo's Cuisine

113 Rt 23 S Little Falls NJ 07424 $20 M L
973-837 1117

Connecticut

Abis

381 Greenwich Ave Greenwich CT 06830 $25 L
203-662-8100

Connecticut

Kazu

64 N Main St Norwalk CT 06854 $25 L
203-866-7402

Connecticut

Sakura

980 Post Road East Westport CT 06880 $20 L
203-222-0002

Connecticut

Toshi Japanese

136 Simsbury Rd. #4 Avon, CT 06001 $20 L
800-677-8242

Connecticut

Wasabi Japanese

24 S Main St Kent, CT 06757 $20 L
860-927 0048

$$ $26 - 40

Upper West

Haru

433 Amsterdam Ave (bet. 80th &81st St) $38
212-579-5955

Upper West

Roppongi

434 Amsterdam Ave (at 81st St) $35 L
212-362-8182

Upper West

Sushi Hana

468 Amsterdam Ave (bet. 83rd & 84th St) $35
212-874-1078

Upper West

Tenzan

285 Columbus Ave (at 73rd St) $32 L
212-580-7300

Upper West

Tokyo Pop

2728 Broadway (bet. 104th & 105th St) $32 L
212-531-1000

Upper West

Yuki Sushi

656 Amsterdam Ave (at 92nd St) $31 L
212-877-0200

Upper East

Aki Sushi

1425 York Ave (bet. 75th & 76th St) $30 L
212-628-5855

Upper East

Haru

1327 3rd Ave (bt 70th St) $38 L
212-452-1020

Upper East

Haru Sake Bar

1329 3rd Ave (bet 70th St) $38 L
212-452-2230

Upper East

Ichiro

1694 2nd Ave (bet.87th & 88th St) $30 L
212-369-6300

Upper East

Ikenohana

1016 Lexington Ave (bet. 72nd & 73rd St) $30 L
212-737-7039

Upper East

Iron Sushi

355 E. 78th St (btet. 1st & 2nd Ave) $26 L
212-772-7680

Upper East

Ko Sushi

1329 2nd Ave (at 70th St) $31 L
212-439-1678

Upper East

Ota-ya

1572 2nd Ave (bet. 81st & 82nd St) $33 L
212-988-1188

Upper East

Paris Match

29 E 65th St (bet. Madison & Park Ave) $35 L
212 737-4400

Upper East

Poke

343 E 85th St (bet. 1st & 2nd Ave) $35 Su L
212-249-0563

Upper East

Sachi

1350 Madison Ave (bet. 94th & 95th St) $30
212-534-5600

Upper East

Sake Hana

This cozy Sake Bar and Lounge now serving Asian Tapas and Sushi Rolls until 2am. Serves Beer, Wine and 50 more fine Sake selections. Don't intimidate. Friendly staff will find the right sake for you! Recommended for romantic date or girls night out

265 E 78th St (bet. 2nd & 3rd Ave) $30
212 327 0542

Upper East

Shabu-Shabu 70

314 E. 70th St (bet. 1st & 2nd Ave) $37 L
212-861-5635

Upper East

Sushi Hana

Upper East Side favorite Sushi Place. Enjoy city's best fish, sake and wine selection in a new modern decor. Delivery and Catering available. Open 7 days

1501 2nd Ave (corner of 79th St.) $30 L
212-327-0582

Upper East

Sushi Saki

1143 First Ave (bet. 62nd & 63rd St) $35 Su L
212-371-0236

Upper East

Tenzan

1714 2nd Ave (at 89th St) $32 L
212-289-3600

Upper East

Tokaibei 86

314 E 86th St (bet 1st & 2nd Ave) $30 L
212-628-5334

Upper East

Wajima

134 E 61st St (bet. Lex. & Park Ave) $30 Su L
212-813-9065

Upper East

Wasabi Lobby

1584 2nd Ave (at 82nd St) $30 L
212-288-9832

Upper East

YUKA Restaurant

1557 2nd Ave (bet. 80th & 81st St) $27 L
212 772 9875

M.dtown West

Aquamarina

713 2nd Ave (bet. 38th &39th St) $30 L
212-297-1660

Midtown West

Benihana

47 W 56th St (bet. 5th & 6th Ave) $30 L
212-581-0930

Midtown West

Hakata Grill

230 W 49th St (bet. Broadway & 8th Ave) $40 L
212-265-1020

Midtown West

Haru

205 W 43rd St (bet. Broadway & 8th Ave) $36 L
212-398-9810

Midtown West

Monster Sushi

22 W 46th St (bet. 5th & 6th Ave) $30 L
212 398-7707

November Early Dinner Special $35

available daily until 7:30pm

choice of one from each of 3 courses

APPETIZERS

Tuna Carpaccio
with American Caesar salad

Tuna Summer Roll
spicy sauce

Tebagyo
stuffed chicken wings, teriyaki sauce
sautéed Brussels sprouts

Guacamole Shrimp Salad
soy sauce pickled cherry tomatoes

Crispy Fried Chicken Skin Salad
Tosa vinaigrette wasabi dressing

ENTRÉES

Sugiita-Yaki Black Cod
Kinzanji Miso paste

Saikyo King Salmon
browned butter soy sauce

Prime Rack of Lamb
Japanese fried potatoes, moromi sauce

100% Kobe Beef Burger
char-grilled bacon and French fries

Chef's Omakase Sushi
5 nigiri pieces and 1 roll

DESSERTS

Buckwheat Tea Brulee
with chocolate ice cream

Chocolate Fondant
green tea ice cream

Almond Tofu Panna Cotta
seasonal fruits and lychee ginger sorbet

Business Hours
Tues-Turs 6-11 pm Sat 5-12 pm
Fri 6-12:00 pm Sun 5-10 pm
Closed on Mondays

212-463-8686
www.chantonyc.com
133 7th Avenue South
(bet. w10 & Charles Sts.)

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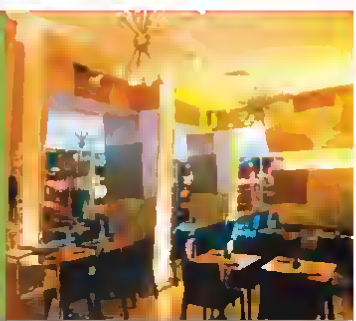
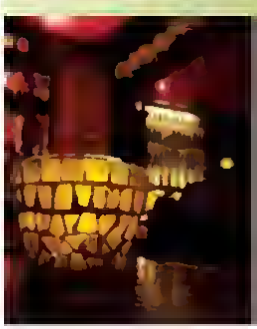
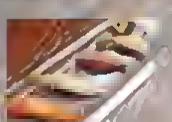




SAKE / WINE BAR & LOUNGE



Asian Tapas & Sushi Rolls Served until 2am • 50+ Great S[illegible] & Wine Bar

SAKE HANA 265 E 78th St. (bet. 2nd & 3rd Ave) 212-327-0[illegible]

Midtown West **Natsumi**
226 W 50th St (bet 8th & Broadway) $35
212-259-2866

Midtown West **Onigashima**
43-45 W 55th St 2nd Fl (5th & 6th Ave) $30
212-541-7145

Midtown West **Pacific Echo**
242 W 55th St (bet Broadway & 8th Ave) $27
212 265-[illegible]

Midtown West **Saka Bar Hagi**

Conveniently located in Midtown West, Saka Bar Hagi serves a variety of local sake and shochu at the bargain prices. You can watch sporting events on a large plasma screen TV or just spend quality time with your friends in this homey bar. Open 7days until 3am.

152 W 49th St (bet. 6th & 7th Ave.) $30
212-764-1543

Midtown West **Soba Nippan**
19 W 52nd St (bet 5th & 6th Ave) $30
212-445-2525

Midtown West **Sushiya**
28 W 56th St (bet 5th & 6th Ave) $40
212-247-5758

Midtown East **Gyu-Kaku**
805 3rd Ave 2nd Fl (at 50th St) $40
212-702-[illegible]

Midtown East **Haru**
280 Park Ave (at 48th St) $38
212-490-9600

Midtown East **Hatsuhana Park**

Good to casual dinner with traditional fresh sushi. The combination of high quality fish and ice makes you happy. Don't forget to try the varied appetizer which are all favorites among the Japanese. Enjoy the typical Japanese way of relaxation.

237 Park Ave (at 40th St.) $35
212-661-3400 www.hatsuhana.com

Midtown East **Izakaya Riki**
141 E 45th St (bet. 3rd & Lexington Ave) $30
212 986-5604

Midtown East **Megu Midtown**
945 UN Plaza (bet 1st Ave & 47th St) $40
212 964-7777

Midtown East **Naniwa**
4 E 46th St (bet 5th & Madison Ave) $30
212 370-4045

Midtown East **Shaburi**
125 E 39th St (bet. Lexington & Park Ave) $35
212-867-6999

Midtown East **Tokyo**
342 Lexington Ave (bet 39th & 40th St) $40
212-697-8330

Midtown East **Tsushima**
141 E 47th St (bet Lexington & 3rd Ave) $40
212-207-1936

Midtown East **YAMA Restaurant**
308 E 49th St (bet. 1st & 2nd Ave) $27
212-355-3370

Chelsea **Aki Sushi**
128 W 39th St (bet. Broadway & 7th Ave) $30
212-868-7051

Chelsea **Iron Sushi**
440 3rd Ave. (bet 30th & 31St St) $29
212-447-5622

Chelsea **Matsuri**
369 W16 St (bet 8th & 9th Ave) $30
212 243-6400

Chelsea **Mizu Sushi**
29 E 20th St (bet. Broadway & Park Ave) $34
212-505-6688

Chelsea **Monster Sushi**

Monster Sushi has operated successful sushi restaurants in NY and NJ for 10 years. Founded by Carl Weltzer and On Le in 1997, Monster Sushi quickly became known as the sushi provider of choice among those entertaining customers and the media.

158 W 23rd St (bet. 6th & 7th Ave) $30
212-620-9131 www.monstersushi.com

Gramercy **15 EAST**
15 E 15th St (Union Sq W & 5th Ave) $30
212-647-0015

Gramercy **Aji Suski**
519 3rd Ave (bet 34th & 35th St) $26
212-686-2055

Gramercy **Aki Sushi**
121 E 27th St (bet Lex & Park Ave S) $30
212 213-[illegible]

Gramercy **Hane**
346 1st Ave (at 20th St.) $30
212-598-9685

Gramercy **Haru**
220 Park Ave South (at 18th St.) $38
646-429-0369

Gramercy **Sakuri**
168 Lexington Ave (bet 30th & 31st St) $28
212-481-7766

Gramercy **Sushi SAMBA**
245 Park Ave South (bet 19th & 20th St) $35
212-475-5377

Gramercy **Sushi Sen-nin**
30 E 33rd St (bet. Madison & Park Ave S) $40
212-889-2208

Gramercy **Sushi Twist**
66 Madison Ave (Bet. 27th & 28th St) $30
212-213-2299

Gramercy **YAKINIKU JUJU**

Little Neighborhood Gem-Good Time at JuJu. Japanese/Korean that will light up your night. Comfortable yet funky space serving good food at a VERY reasonable price. Join the ever popular ALL YOU CAN EAT BBQ for $27 with short ribs, sirloin, pork, lamb, chicken, liver and veggies. Sun-Thur. Hard to beat this price in Manhattan! Or try SHABU SHABU that stands out by its far superior quality meats and fresh vegetables.

157 E 28th St (bet Lexington & 3rd Ave) $30
212-684-7430

West Village **Hakata Tonton**
61 Grove St (bet. 7th Ave & Bleecker St) $35
212-242-3699

West Village **Kirara**
33 Carmine St. (bet. Bleecker & Bedford St) $30
212-941-2123

West Village **Monster Sushi**
535 Hudson St (at Charles St.) $30
646-336-1833

West Village **Rockmaraka**
11 Barrow St (bet W 4th St. & 7th Ave) $35
212-675-7776

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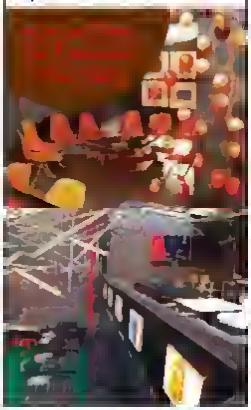

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www.riceball-omsb.com

West Village **Tomoe Sushi**
172 Thompson St (Bleecker & Houston)
212-777-3346 $30

West Village **YAMA on Carmine St.**
38-40 Carmine St (Bleecker & Bedford)
212-969-0330 $37

West Village **YAMA on Houston St.**
92 Houston St (LaGuardia & Thompson)
212-474-0935 $37

East Village **EBISU**
414 E 9th St (bet. 1st Ave. & Ave. A)
212-979-9898 $30

East Village **Gyu-Kaku**
34 Cooper Sq (bet. 5th & 6th St)
212-475-2989 $40

East Village **Hasaki**

Servings authentic Japanese food since 1974. our Edomae style sushi is made only by experienced sushi chefs. Cozy Japanese garden in back yard open for summer. Try daily seafood from sushi bar and kitchen. Also offering seasonal delicacies.
210 E 9th St (bet. 2nd & 3rd Ave.)
212-473-3327 www.hasakinyc.com $35

East Village **Japonica**
100 University Pl (at 12th St.)
212-243-7752 $40

East Village **Kanoyama**
175 2nd Ave (at 11th St.)
212-777-5296 $35

East Village **Kasadela**
647 E 11th St (bet. Ave. B & C)
212-777-1582 $30

East Village **Shabu-Tatsu**
216 E. 10th St. (bet. 1st & 2nd Ave.)
212-477-2972 $33

East Village **Sushi Anyoshi**

Sushi Anyoshi is a hidden gem located near Union Square serving Japanese tapas & sushi. The menu includes authentic Japanese dishes as well as innovative dishes with a large selection of appetizers. A bar counter and a wide variety of sake available.
810 Broadway (bet. 11th &12th St.)
212-388-1664 $30

East Village **Takahachi**
85 Ave. A (bet. 5th & 6th St.)
212-505-4624 $30

Lower Mhn **EN Japanese Brasserie**
435 Hudson St (at Leroy St.)
212-647-9196 $40

Lower Mhn **Ise Downtown**
56 Pine St (bet. William & Pearl St.)
212-785-1500 $35

Lower Mhn **Kitchen Club**
30 Prince St. (at Mott St.)
212-274-0025 $35

Lower Mahn **Sachiko's on Clinton**

High-end yet affordable authentic-creative Japanese sushi/sake restaurant in the heart of LES with tranquil garden for outside dining. Perfect for private parties, business meetings, birthday parties and holiday events. Delivery and catering services available.
25 Clinton St (bet. E. Houston & Stanton St.)
212-253-2800 www.sachikosclinton.com $33

Lower Mhn **Sui**
54 Spring St. (Lafayette and Mulberry)
212-965-8838 $35

Lower Mhn **Takahachi Tribeca**
145 Duane St. (Church & W. Broadway)
212-571-1130 $30

Brooklyn **Bozu**

Japanese fusion tapas with home-made infused Japanese spirits and more than 20 varieties of sakes. Try our sushi bombs which dedicated round sushi and don't forget our huge summer time patio (6pm-12am (Mon-Thu, Sun), 6pm-1am (Fri & Sat)
296 Grand St (bet. Havemeyer & Roebling)
718-384-7770 www.bozu.com $30

Brooklyn **Hibino**
333 Henry St (Grand & Montgomery St.)
718-260-8052 $35

Brooklyn **Osaka**
272 Court St (bet. Butler & Douglass St.)
718-643-0044 $30

Brooklyn **Sakura Cafe**
388 5th Ave. (bet. 6th & 7th Ave.)
718-832-9070 $38

Brooklyn **Tenzan**
7116 19th Ave. (at 71st St.)
718-621-3231 $32

Queens **Shiro of Japan Atlas Ph**
80-40 Cooper Ave. (at 80th St.)
718-326-8704 $30

Upstate **Hajima**
267 Halstead Ave. Harrison NY 10528
914-777-1543 $30

Upstate **Kiko House**
11-21 E Washington Ave. Pearl River NY
845-735-8815 $30

Upstate **Noda**
200 Hamilton Ave. White Plains NY 10601
914-949-0330 $40

Upstate **Tsuru**
236 N Central Ave. Hartsdale, NY 10530
914-761-0057 $30

Long Island **Bamboo**
Northern Blvd. Munsey Park NY 11030
516-627-3400 $30

Long Island **Bamboo**
920 Merchants Concourse. Westbury, NY
516-222-1051 $30

Long Island **Banbori**
14 Elm St. Huntington, NY 11743
631-673-0400 $40

Long Island **Inatome Steak House**
8 5th St. Valley Stream NY 11581
516-872-0413 $30

Long Island **Isoao**
214 Jericho Tpk Floral Park, NY 11001
516-437-4052 $30

Long Island **Koban Restaurant**
2016 Merrick Rd Merrick NY 11566
516-223-3200 $30

Long Island **Koiso**
540 Westbury Ave Carle Place NY 11514
516-333-3434 $26

Long Island **Kura Bar**
479 New York Ave Huntington NY 11743
631-673-0060 $30

New Jersey **Ichiban**
414 Hackensack Ave Hackensack NJ 07601
201-489-0901 $30

New Jersey **Masa Sushi & Grill**
91 W Allendale Ave Allendale, NJ 0740
201-934-8818 $30

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99 Town Sq Place, Je sey City, NJ 07310 $30
201-533-8639 www.komegashi.com

New Jersey **Matsushima**

595 River Rd, Edgewater, NJ 07020 $35
201-945-3450

New Jersey **Monster Sushi**

396 Springfield Ave, Summit, NJ 07901 $30
908-598-1100

Connecticut **Fuji Garden Steak House**

215 Liberty St, Fawcstuck, CT 06378 $30
860-599-1155

Connecticut **KU**

85 E. Putnam Ave, Cos Cob, CT 06807 $35
203-422-8313

$$$ $41 - 65

Upper East **Oangun**

309 E. 83rd St. (bet. 1st & 2nd Ave.) $54
212-737-5858

Upper East **Garsha**

33 E. 61st St. (bet. Park & Madison Ave.) $61
212-813-1112

Upper East **Sushi Sen-nin**

1420 3rd Ave. (bet. 80th & 81th St.) $53
212-249-4052

Upper East **TORI SHIN**

1193 1st Ave. (bet. 64th & 65th St.) $50
212-598-8408

Midtown West **Kai**

40 W. 40th St. (5th & 6th Ave.) $62
212-921-3330

Midtown West **Omido**

1695 Broadway(bet. 52nd 53rd St.) $45
212-247-8110

Midtown West **Shimizu**

318 W. 51st St. (bet. 8th & 9th Ave.) $45
212-581-1581

Midtown West **Sushiden**

123 W. 49th St. (bet. 6th & 7th Ave.) $57
212-398-2800

Midtown West **Yakitori TOTTO**

251 W. 55th St. (bet. Broadway & 8th Ave.) $44
212-245-4555

Midtown East **Aburiya Kinnosuke**

It's such fun" trying dishes you've never heard of" at this different East Midtown Japanese where many of the delicately flavored" items come off a robata grill. It's a lot like going to Tokyo, so don't expect to hear much English. (Zagat Survey 2007)

213 E. 45th St. (bet. 2nd & 3rd Ave.) $51
212-867-5454

Midtown East **Fusha Asian Cuisine**

1065 1st Ave. (at 58th St.) $45
212-752-8873

Midtown East **Hatsuhana**

17 E. 44th St. (bet. 5th & Madison Ave.) $50
212-355-3345

Midtown East **Nippon**

155 E. 52nd St. (bet. Lexington & 3rd Ave.) $49
212-758-0226

Midtown East **Restaurant SEO**

249 E. 49th St. (bet. 2nd & 3rd Ave.) $60
212-355-7722

Midtown East **Ringa**

205 E45th St. (bet. 2nd & 3rd Ave.) $53
212-867-4200

Midtown East **Sakagura**

Largest Sake Bar in the world with 200 varieties of sake and seasonal daily specials. Hand made soba and a combination of soba with a rice dish for lunch is a popular. Amazing hideout situated on the basement level is perfect for couples. Private party is available.

211 E. 43rd St. #1F (bet. 2nd & 3rd Ave.) $50
212-953-7253 www.sakagura.com

Midtown East **Shabashi**

7 E. 49th St. (bet. 5th & Madison Ave.) $55
212-813-1809

Midtown East **Sushidan**

19 E. 49th St. (bet. 5th & Madison Ave.) $57
212-758-2700

Midtown East **Torys**

The sister restaurant of Yakitori Totto, Torys is the newest Yakitori spot in Midtown. Menu showcases every meaningful part of chicken, faultlessly seasoned and grilled to perfection. Torys offers more Okonomiyaki style dishes. Open for lunch and dinner.

248 E. 52nd St. 2FL (bet. 2nd & 3rd Ave.) $49
212-813-1800 www.torysnyc.com

Chelsea **Naka Naka**

458 W. 17th St. (at 10th Ave.) $50
212-929-8154

Chelsea **Ono**

Gansevoort Hotel 18 9th Ave. (at 13th St.) $60
212-660-6766

Gramercy **BUTAI**

115 E. 18th St. (bet. Park Ave. & Irving Pl.) $42
212-387-8885

Gramercy **JAPONAIS**

111 E. 19th St. (bet. Irving Pl. & Park Ave. S.) $50
212-260-2020

West Village **Aki**

181 W. 4th St. (bet. Perrow & Jones St.) $41
212-388-5440

West Village **Blue Ribbon Sushi**

119 Sullivan St. (bet. Prince & Spring St.) $51
212-343-0404

West Village **CHANTO Restaurant**

CHANTO-Upscale and Hip in one. CHANTO upstairs is an elegant fine dining restaurant, where diners can enjoy inspiring Japanese cuisine in a friendly atmosphere. CHANTO SAKA on street level offers more casual food including sushi and Kobe Beef burgers ($9).

133 7th Ave. South (bet. 10th & Charles St.) $45
212-463-8696 www.chantonyc.com

West Village **Nagomi**

179 Prince St. (Thompson & Sullivan) $50
212-387-8230

West Village **Soto**

357 Sixth Ave. (Washington Pl.) $45
212-414-3088

East Village **JEWEL BAKO**

239 E. 5th St. (bet. 2nd & 3rd Ave.) $50
212-979-1012

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Over 50 kinds of Sake and Shochu.
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Dinner | M-S 5:30-11pm (Sun - 10:30pm)

East Village	**Sumile**		
154 W. 13th St. (bet. 6th & 7th Ave.) 212-989-7639		$45	
Lower Mhn	**MEGU**		
62 Thomas St. (Church & W. Broadway) 212-964-7777		$50	
Brooklyn	**Blue Ribbon Sushi**		
278 5th Ave. (bet. 1st St. & Garfield) 718-840-0408		$51	
Brooklyn	**Zankichi**		
77 N. 6th St. (bet. Wythe Ave. & Berry St.) 718-388-8985		$50	
Upstate	**Nanase**		
522 Mamaroneo Ave Wh te Plains NY 914-285-5351		$50	
New Jersey	**KIKU**		
355 Rt. 17 South Paramus NJ 07652 201-265-7200		$45	
Staten Island	**Fushimi**		
2110 Richmond Rd. (at Lincoln Ave.) 718-980-5300		$42	

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Mandarin Or ental Hotel 35F 212-805-8881		$84	
Upper West	**Bar Masa**		
Time Warner Ctr 10 Columbus Ci 4th Fl 212-823-9800		$69	
Upper West	**Gari**		
370 Columbus Ave. (bet. 77th & 78th St.) 212-362-4816		$74	
Upper West	**Masa**		
Time Warner Ctr 10 Columbus Cir 4th Fl 212-823-9800		$446	
Upper East	**KAI**		
822 Madison Ave (bet. 68th & 69th St.) 212-988-7277		$79	
Upper East	**Sasabune**		
401 E. 73rd St. (bet. 1st & York Ave.) 212-249-8583		$80	
Upper East	**Sushi of Gari**		
402 E. 78th St. (bet. 1st & York Ave.) 212-517-5349		$70	
Midtown West	**Kobe Club**		
61 W 58th St. (bet. 5th and 6th Ave.) 212-644-5623		$120	
Midtown West	**NOBU 57**		
40 W. 57th St. (bet. 5th & 6th Ave.) 212-757-3000		$100	
Midtown West	**Sugiyama**		
251 W. 55th St. (bet. Broadway & 8th Ave.) 212-956-0670		$90	
Midtown East	**Hakubai**		
The Kitano Hotel 66 Pa k Ave (at 38th St.) 212-885-7111		$66	
Midtown East	**Ichimura**		
1025 2nd Ave. (bet. 54th & 55th St.) 212-355-3857		$100	
Midtown East	**Inagiku**		
111 E. 49th St. (bet. Pa k & Lexington Ave.) 212-355-0440		$70	
Midtown East	**Kuruma Sushi**		
7 E. 47th St. 2nd Fl (5th & Madison Ave) 212 317-2802		$108	
Chelsea	**MORIMOTO**		
88 10th Ave. (bet. 15th and 16th St.) 212 343-8883		$90	
West Village	**Ushiwakamaru**		
136 Houston St (Sullivan & MacDougal) 212-220-4181		$80	
Lower Mhn	**NINJA**		
25 Hudson St. (bet. Dean & Reade St.) 212-274-1500		$70	
Lower Mhn	**NOBU**		
105 Hudson St. (at Franklin St.) 212-219-0500		$100	
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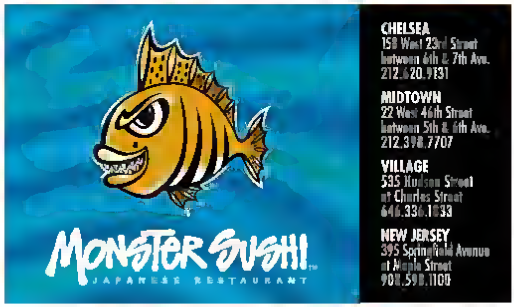
105 Hudson St. (Franklin & N. Moore St.) 212-334-4445		$75	

CAFE

Upper West	**Beard Papa's Upper W.**	
We bake our special cl ous pastry several t mes daily and our secret-rec pe of whipped cream custard is made on the prem se. You can taste the difference of our commitment to serve only the freshest cream puffs with the highest qual ty in every b te. 2157 Broadway (at 75th St.) 212-799-3770 www.mogmohbusa.com		Cream Puffs
Upper East	**Choux Factory**	
1885 1st Ave (bet.87th & 88th St.) 212-288 2023		Cream Puffs
Midtown East	**Cafe Zaiya Midtown E**	
18 E. 41 St (bet. 5th & Mad son Ave.) 212 773-0600		Bakery
Midtown East	**Choux Factory**	
965 1st Ave (bet 49th & 48th St.) 212-223-0730		Cream Puffs
Chelsea	**Choux Factory**	
316 W. 23rd St. (bet. 9th & 8th Ave.) 212-627-4316		Cream Puffs
West Village	**Beard Papa's W. Village**	
5 Carmine St. (bet. 6th Ave. & Bleecker St.) 212 989-8056		Cream Puffs
East Village	**Beard Papa's Astor Pl.**	
740 Broadway (bet. Astor & Waverly Pl.) 212 353-8686		Cream Puffs
East Village	**Cafe Zaiya East Village**	
69 Cooper Sq. (at St. Marks St.) 212-243-4020		Bakery
East Village	**Cacal Cafe Crepe**	
135 1st Ave (bet. St. Marks & 9th St.) 212 460-5102		Crepe
East Village	**Gateaux Bakery**	
434 K nderkamack rd. Riverside, NJ 07661 201-634-1131		Bakery
East Village	**PANYA**	
10 Stuyvesant St (bet. 2nd & 3rd Ave.) 212-777 1800		Bakery
Lower Mhn	**Tasty Natural Desserts**	
150 Centre St. (at Walker St.) 212-219-9199		Dessert Bar
New Jersey	**Parisienne**	
250 Main St. Fort Lee, NJ 07024 201-592-8876		Bakery



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KARAOKE

Upper East — Iggy's
1452 2nd Ave (bet 75th & 76th St) | 212-327-8043 | no charge

Midtown East — Japas 27
366 3rd Ave (bet 27th & 27th St) | 212-769-2329 | $8/h /person

Midtown East — Japas 38
9 E 38th St (bet. 5th & Madison Ave) | 212-679-0040 | $8/h /person

Korea Town — Karaoke Duet
53 W 35th St 2nd Fl (bet 5th & 6th Ave) | 646-473-0926 | $4/h /person

Korea Town — Tiaga Tinga Karaoke
162 Madison Ave 6th Fl (bet 32nd & 33rd St) | 212-213-0875 | $40/h /box

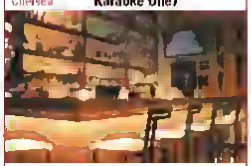
Korea Town — Toto Music Studio
30 W 32nd St #5 (bet 32nd and 33rd St.) | 212-594-0644 | $35/h /box

East Village — Sing Sing (Ave A)
SING-SING KARAOKE AVENUE A
Among the newest and nicest restaurants on Avenue A, Sing Sing offers a bar lounge and 15 private rooms for karaoke. It's the perfect place for get together with friends after dinner. Large party rooms are available for up to 30 people. OPEN 7 DAYS
61 Avenue A (bet 5th & 6th St.) | 212-674-0700 www.karaokesingsing.com | $7/h per person

East Village — Lush Lounge
9 E 13th St. (bet. 5th Ave. & University Pl.) | 646-486-3225 | 35/h /box

East Village — Planet Rose
219 Avenue A (bet. 13th & 14th St.) | 212-353-9500 | $2/song

East Village — Sing Sing (St. Marks)
SING-SING KARAOKE AT MARKS
Conveniently located on St. Marks Street, in the heart of East Village, Sing Sing is a Karaoke lounge with 16 Private Rooms. This brand new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS 1:00PM-4:00AM. Party@karaokesingsing.com
8 St. Marks Pl. 2nd Fl. (bet. 2nd & 3rd Ave.) | 212-387-7800 www.karaokesingsing.com | $7/h per person

Chelsea — Karaoke One7

Karaoke One7 offers the city's largest song selection of over 60,000 in 13 different languages and new songs are added monthly. Sing at the bar for $2 per song or sing with your friends in a room equipped with a HiFi sound plasma TV. We do variety of drinks available from the bar. Drinks are half price during Happy Hour (2pm - 7pm) with some restrictions. Open 7 days from 2pm to 4am. Large party rooms available. Call for reservation.
29 W 17th St (bet 5 & 6Ave) | 212-675-3527 www.karaoke17.com | $2/song

Lower Mhn — Bmy Karaoke Bar
9 Thompson St 2Fl (bet 5th Ave. & Canal St.) | 212 334 5430 | $30/h /box

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Vegetarian Friendly | Business Dinner

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CHINESE

Upper West — Hunan Park
235 Columbus Ave (bet 70th & 71st St) | 212-721-4411 | $23 L

Upper West — Ivy's Cafe
154 W 72nd St. (Broadway & Columbus Ave.) | 212-787-3333 | $23 L

Upper West — Dilia's
1991 Broadway (bet 67th & 68th St.) | 212-595-8181 | $21 L

Upper West — Dilia's
2857 Broadway (at 116th St.) | 212-932-8300 | $21 L

Upper East — Hunan Balcony
1050 3rd Ave (bet 62nd & 63rd St.) | 212-517-2088 | $18 L

Upper East — Lin's Noodle & Grill
1500 3rd Ave (bet 84th & 85th St.) | 212-639-1313 | $22 L

Midtown West — Grand Sichaan
745 9th Ave (at 50th & 51st St.) | 212-582-2296 | $15 L

Midtown West — Joe's Shanghai
24 W 56th St (bet 5th & 6th Ave.) | 212-333-3868 | $20 L

Midtown West — Dilia's
200-2 W 44th St. (bet 7th and 8th Ave.) | 212-921-5868 | $15 L

Midtown West — Tang's Pavilion
65 W 55th St (bet 5th & 6th Ave.) | 212-956-6888 | $20 L

Midtown West — Wa Liang Ye
36 W 48th St (bet 5th & 6th Ave.) | 212-398-2306 | $25 L

Midtown East — Dynasty Sung
511 Lexington Ave (at 48th St.) | 212-355-1200 | $20 L

Midtown East — Grand Sichuan
1043 2nd Ave (bet 55th & 56th St.) | 212-355-5555 | $23 L

Midtown East — Mee Noodle Shop
922 2nd Ave (at 48th St.) | 212-888-0027 | $15 L

Chelsea — Grand Sichaan
227 Lexington Ave (bet 33rd & 34th St.) | 212-679-9770 | $23 L

Chelsea — Grand Sichaan
229 5th Ave (at 24th St.) | 212-620-5200 | $25 L

West Village — Empire Szechuan
173 7th Ave. S (at Perry St.) | 212-243-4046 | $15 L

Lower Mhn — Dim Sum Go Go
5 E Broadway (bet. Catherine & Oliver St.) | 212 732-0797 | $15 L

Lower Mhn — Golden Unicorn
18 E Broadway (Bowery & Catherine St) | 212-941-0911 | $15 L

Lower Mhn — Jing Fong
20 Elizabeth St. (bet Bayard & Canal St.) | 212-964-5256 | $15 L

Lower Mhn — Joe's Ginger
25 Pell St. (at Doyers St.) | 212 285-0333 | $15 L

Lower Mhn — Joe's Shanghai
9 Pell St. (bet Bowery & Mott St.) | 212-233-8894 | $15 L

Lower Mhn — Lin's Dumpling House
20 Bowery (at Bayard St.) | 212-343-0923 | $10 L

Lower Mhn — Mandarin Court
61 Mott St. (bet Bayard & Canal St.) | 212-608-3838 | $15 L

Brooklyn — Faas
209 Smith St. (bet Baltic & Butler St.) | 718-694-2277 | $15 L

KOREAN

Korea Town — Book chang dong
34 W 32nd St. (bet 5th Ave. & Broadway) | 212-736-9002 | $15 L

Korea Town — Dons Bogam
17 E 32nd St. (bet 5th & Madison Ave.) | 212-683-2200 | $25 L

Korea Town — Franchia
12 Park Ave (bet. 34th & 35th St.) | 212-213-1001 | $25 L

Korea Town — Gam Mee Ok
43 W 32nd St (bet 5th Ave. & Broadway) | 212-695-4113 | $15 L

Korea Town — HAN BAT
53 W 35th St. (bet 5th & 6th Ave.) | 212-629-5586 | $15 L

Korea Town — HANGAWI
12 E 32nd St. (bet 5th & Madison Ave.) | 212 213-0077 | $20 L

Korea Town — Hyo Dong Gak
51 W 35th St. (bet 5th & 6th Ave.) | 212-695-7167 | $15 L

Korea Town — Komtang House
32 W 32nd St. (bet 5th Ave. & Broadway) | 212-947-9482 | $15 S L

Korea Town — Kum Gang San
43 W 32nd St. (bet 5th Ave. & Broadway) | 212-967-0909 | $20 L

Korea Town — Kunjip Restaurant
9 W 32nd St. (bet 5th Ave. & Broadway) | 212-216-9487 | $15 L

Korea Town — Seoul Gardan
34 W 32nd St. (bet 5th Ave. & Broadway) | 212 736-9002 | $15 L

Korea Town — Shilla
37 W 32nd St. (bet 5th Ave. & Broadway) | 212-967-1880 | $25 L

Korea Town — Woo Jo
23 W 32nd St. (bet 5th Ave. & Broadway) | 212-695-5875 | $20 L

Korea Town — Woo Chon
10 W 36th St. (bet 5th & 6th Ave.) | 212-695-0676 | $20 L

West Village **Penang Gurney Drive**
541 La Guardia Pl (W. 3rd & Bleecker) $20 L
212-477-0600

East Village **Bao Joo**
107 1st Ave. (bet 6th & 7th St.) $20 L
212-505-7974

East Village **Ook Sun's**
115 1st Ave. (bet. 7th St & St. Marks Pl.) $15
212-477-6506

East Village **Sura**
105 E. 9th St. (bet. 3rd & 4th Ave.) $25 L
212-982-6390

Lower Mhn **Kon**
253 Church St. (bet. Leonard & Franklin St.) $15 Su L
212-334-0908

Lower Mhn **Li Hua**
171 Grand St. (bet. Centre & Baxter St.) $12 L
212-343-0050

Brooklyn **Dokebi**
136 Grand St. (bet. Bedford and Driggs Ave.) $20 L
718-782-1424

Upstate **Kalbi House**
291 Central Ave. White Plains, NY 10606 $20
914-328-0251

New Jersey **Gem Mee Ok**
485 Main St. Fort Lee, NJ 07024 $12 L
201-242-1333

THAI

Upper West **Lemongrass Grill**
2534 Broadway (at 95th St.) $22 L
212-665-0018

Upper East **Jasmine**
1613 2nd Ave (at 84th St.) $25 L
212-517-6854

Upper East **Sa-Woy**
1479 1st Ave. (at 77th St.) $20 L
212-744-7374

Upper East **Spice**
1411 2nd Ave. (bet. 73rd & 74th St.) $25 L
212-988-5346

Midtown **BANGKOK HOUSE**

Established in summer of 2002, Bangkok house has been recognized as one of the best Thai restaurants in Manhattan. It features a great location near both Times Square and all Broadway Theaters. Listed one of the top ten best Thai restaurant in NYC by "Citysearch"
360 W 46th St. (bet. 8th & 9th Ave.) $15 L
212-541-5943 www.bangkokhousenyc.com

Midtown West **Chanpen Thai**
781 9th Ave. (at 51st St.) $20 L
212-586-6908

Midtown West **Pongsri Thai**
244 W. 48th St. (bet. Broadway & 8th Ave.) $25 L
212-582-3392

Midtown West **Topaz Thai**
127 W. 56th St. (bet. 6th & 7th Ave.) $15 L
212-957-4020

Midtown **YUM YUM 3**

YUM YUM 3 is the third and most exciting of all the Yum Yum family of restaurants. Conveniently located at corner of 46th St. and 9th Ave. we offer the most authentically traditional Thai menu and most affordable prices you can find in Manhattan
658 9th Ave. (bet. corner of 46th St.) $15 L
212-956-0639 www.yumyum3.com

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650 9th Ave. (bet. 45th & 46th St.) $15 L
212-262-7244 www.yumbangkoknyc.com

Chelsea **Lemongrass Grill**
136 E. 34th St. (bet. Lexington & 3rd Ave.) $22 L
212-213-3317

Chelsea **Pad Thai**
114 6th Ave. (bet. 15th & 16th St.) $20 L
212-691-7720

Chelsea **Pongsri Chelsea**
195 W. 23rd St. (bet. 6th & 7th Ave.) $20 L
212-645-8808

Chelsea **Pongsri Thai**
311 2nd Ave. (at 19th St.) $20 L
212-477-2727

Chelsea **Regional Thai**
207 7th Ave. (bet. 21St & 22nd St.) $15 L
212-807-9872

Chelsea **Royal Siam**
240 8th Ave. (bet. 22nd & 23rd St.) $15 L
212-741-1732

West Village **Golanga**
143 W. 4th St. (bet. Macdougal & 6th) $15 L
212-228-4267

West Village **Lemongrass Grill**
LE 13th St. (bet. 5th Ave. & Univers ty Pl.) $22 L
212-242-0606

East Village **Holy Basil**
149 2nd Ave. (bet. 9th & 10th St.) $15
212-460-8557

East Village **Klong**
7 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20 L
212-505-0955

East Village **SEA**
75 2nd Ave. (bet. 4th & 5th St.) $15 L
212-228-6505

East Village **Spice**
90 University Pl. (bet. 10th & 11th St.) $15 L
212-982-3758

Lower Mhn **Kie Khoo**
171 Spring St. (Thompson & W. Broadway) $25 L
212-966-3939

Lower Mhn **Peep**
177 Prince St. (bet. Sullivan & Thompson St.) $25 L
212-254-7337

Brooklyn **Lily Thai**
816 Grand St. (bet. Leonard & Manner St.) $10 L
718-218-7522

Brooklyn **SEA**
114 N. 6th St. (at Berry St.) $24 L
718-384-8850

Brooklyn **Tuk Tuk**
204 Smith St. (bet. Baltic & Butler St.) $12 L
718-222-5556

VIETNAMESE

Upper West **Saigon Grill**
620 Amsterdam Ave. (at 90th St.) $21 L
212-875-0072

Upper East **Asia Grill**
1238 2nd Ave. (at 65th St.) $20 L
212-753-9818

Upper East **Boonthai**
1383A 2nd Ave. (bet. 72nd & 73rd St.) $12 L
212-249-8484

Upper East **Vermicelli**
1422 2nd Ave. (bet. 77th & 78th St.) $20 L
212-288-8868

Midtown West **PHO32**
2 W. 32nd St. (bet. 5th Ave. & Broadway) $15 L
212-695-0868

Chelsea **Lanaam**
393 3rd Ave. (bet. 27th & 28th St.) $15 L
212-696-5158

Chelsea **O Mai**
58 9th Ave. (bet. 13th & 20th St.) $25
212-633-0550

West Village **Saigon Grill**
61 University Pl. (bet. 11th & 12th St.) $21 L
212-982-3631

Lower Mhn **HOIAN**
135 W. Broadway (bet. Thomas & Duane St.) $15 L
212-233-1339

Lower Mhn **Nam**
110 Reade St. (Church & W. Broadway) $20 L
212-267-1777

Lower Mhn **Nha Trang**
87 Baxter St. (bet. Bayard & Canal St.) $15 L
212-233-5948

Lower Mhn **Pho Tu Do**
119 Bowery St. (bet. Hester & Grand St.) $15 L
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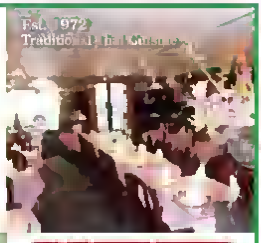

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Lower Manhattan **Viet Cafe**
34F Greenwich St (bet Harrison and Jay St) $25
212-431-5688

OTHER

Upper East **Amber**
1409 3rd Ave. (at 80th St.) $25
212-249-5020

Midtown West **Blue Chili**
251 W 51st St. (bet. 8th & Broadway) $20
212-489-5237

Midtown West **VYNL**
754 9th Ave. (bet 50th and 51th St.) $25
212-574-2003

Chelsea **Rice on Lexington Ave**
115 Lexington Ave (at 28th St.) $15
212-545-5400

Chelsea **Vela**
55 W 21st St. (bet. 5th & 6th Ave.) $20
212-675-8007

West Village **Cafe Asean**
117 W. 10th St (Greenwich & 6th Ave.) $22
212-633-0348

East Village **Lanham**
121 University Pl (at 13th St.) $20
212 420 1179

East Village **MA*YA**
234 E. 4th St. (bet Ave A & B)
646-3191967 $20

East Village **Shiki Kitchen**
135 1st Ave. (bet. 9th & St. Marks Pl.) $25
212 614 1606

Lower Manhattan **Franklin Station Cafe**
222 W Broadway (bet. Franklin & White St.) $10
212 274-8525

Lower Manhattan **Kampuchea Noodle Bar**
79 Bayard St. (at Allen St.) $25
212 529-3901

Brooklyn **Chai Home Kitchen**
124 N. 6th St. (at Berry St.) $16
718-599-5689

Brooklyn **Planet Thailand**
133 N. 7th St. (bet. Bedford Ave. & Berry St.) $24
718-599-5756

Brooklyn **Rice**
166 DeKalb Ave (at Cumberland St.) $19
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New Jersey **Bistro En**
252 Degraw Ave Teaneck, NJ 07666 $25
201-692-0700

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Upper East **Cafe Evergreen**
1285 1st Ave. (bet. 68th & 70th St.) $30
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Upper East **Our Place Cuisines**
1444 3rd Ave (bet. 81st & 82nd St.) $32
212-288-4888

Upper East **Pig Heaven**
1540 2nd Ave. (bet. 80th & 81st St.) $32
212 744-4333

Upper East **Shanghai Pavilion**
1378 3rd Ave (bet. 78th & 79th St.) $37
212-585-3388

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Midtown East **Tse Yang Restaurant**
34 E. 51st St (bet. Park & Madison Ave.) $40
212-650-5447

Greenwich **Wakiya**
2 Lexington Ave (at 21st St) $40
212 995-1390

West Village **Chow Bar**
230 W. 4th St. (W 10 & Christopher St.) $38
212-633-2212

KOREAN

Midtown East **Korea Palace**
127 E. 54th St. (bet. Park & Lexington Ave.) $35
212-832-2350

Korea Town **Kang Suh**
1250 Broadway (at 32nd St.) $30
212 564-6845

West Village **Do Hwa**
55 Carmine St. (at Bedford St.) $39
212-414-1224

THAI

Upper West **Land**
450 Amsterdam Ave (bet. 81st & 82nd St.) $26
212-501-0121

Midtown West **Chai Home Kitchen**
930 6th Ave. $30
212 707 8778

Chelsea **Jaiya Thai**
396 3rd Ave. (bet. 26th & 28th St.) $28
212-889-1390

VIETNAMESE

Midtown East **Bai**
246 E. 44th St. (bet. 2nd & 3rd Ave.) $40
212-681-8541

Chelsea **Bao Noodles**
391 2nd Ave (bet. 22nd & 23rd St.) $26
212 725-7770

Lower Manhattan **Mai House**
196 Franklin St (Greenwich and Hudson) $35
212-431-0106

OTHER

Upper West **Hispaniola**
839 W. 181st St. (at Cabrini Blvd.) $39
212-740-5222

Upper West **Penang**
240 Columbus Ave. (bet. 71st & 72nd St.) $30
212 799-3988

Upper West **Ram**
100 W.82nd St (Amsterdam & Columbus) $40
212 501 0778

Midtown West **Rue 57**
60 W 57th St (at 6th Ave.) $40
212-307-5858

West Village **Gobo**
401 6th Ave (bet. 8th & Waverly St.) $31
212-255-2242

Lower Manhattan **CHUBO**

chubo

Chef/Owner Claude Chassagne creates a beautiful menage of Asian and French flavor with seasonal and local ingredients. Chubo offers a three-course Prix Fixe for $25 on Tuesdays & Wednesdays, where dishes are prepared with the most seasonal ingredients.
5 Clinton St (bet E. Houston & Stanton St.) $40
212-674-6300 www.chubo.com

New Jersey **AOZORA Restaurant**
407 Bloomfield Ave. Montclair NJ 07042 $30
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CHINESE

Upper West **Shun Lee West**
43 W65 St (Columbus & Central Pk W.) $52
212-595-8895

Midtown West **China Grill**
Cbs Building 60 W 53rd St (at 6th Ave.) $65
212-333-7788

Midtown East **Chiam Chinese Cuisine**
160 E. 48th St. (bet. Lexington & 3rd Ave.) $44
212-871-2323

Midtown East **Chin Chin**
216 E 49th St (bet. 2nd & 3rd Ave.) $46
212-888-4555

Midtown East **Shun Lee Palace**
155 E. 55th St (bet. Lexington & 3rd Ave.) $52
212-371-8844

Lower Manhattan **Mr Chow Tribeca**
121 Hudson St. (at N. Moore St.) $60
212-965-9500

KOREAN

Lower Manhattan **Woo Lae Oak**
148 Mercer St (bet. E. Houston & Prince St.) $50
212-925-8200

THAI

Lower Manhattan **Kittichai**
60 Thompson St (bet. Broome & Spring) $56
212-219-2000

OTHER

Upper West **Ruby's Foo's Uptown**
2162 Broadway (bet. 77th & 78th St.) $41
212-724-4700

Midtown East **Asia De Cuba**
237 Madison Ave (bet. 37th & 38th St.) $50
212-726-7755

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CHINESE

Midtown East **MR K's**
570 Lexington Ave (at 51st St.) $75
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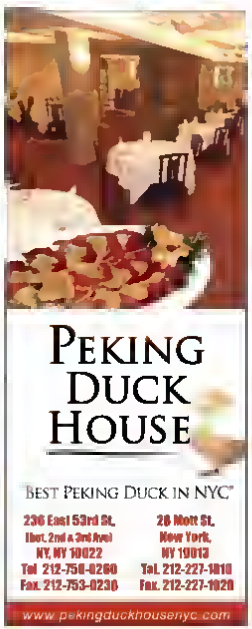
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SEAFOOD FOREVER

It has been almost three decades since Japanese cuisine was introduced to New Yorkers. The earlier Japanese chefs who first introduced the Japanese restaurants to New Yorkers all focused on how to apply the traditional food ingredients to the American public. As major ingredients for their cooking, seafood has been crucial and needs to be at the best quality, as well as attractive both in the taste and the appearance.

Azuma Foods' products meet all of what they look for. Mr. Haru Konagaya, one of the early Japanese cooking professionals who started the Japanese restaurant scene in New York City from scratch. After decades of his big success in a Japanese restaurant chain in Manhattan, Mr. Konagaya opened a contemporary Japanese restaurant **NATSUMI Bar & Lounge,** in the heart of the Theatre District.

"I was already thinking about retirement after the big success of the previous restaurant," Mr. Konagaya says. Then he was invited to Italy by one of his best friends and was strongly shocked and inspired by the authentic Italian cuisine. "Everything was stunning – vegetables, wine, meat, seafood and the people's behavior to the food," then he was encouraged to open a new restaurant, where he serves the combination of Japanese and Italian cooking.

Visual beauty is such an important element for NATSUMI's rolls, and this is Mr. Konagaya's style he developed from his Italian experience. Their Gold Leaf Roll is topped with mango slices, decorated with fresh colors of Azuma Foods' Tobikko.

Knowing the New York's Japanese restaurant scene inside out, he insists on the quality of the seafood ingredients in his menu, and seafood is one thing in common in Japanese and Italian cooking. That is how Italian and Japanese cooking methods go along, and Azuma Foods definitely provides what he looks for to realize the best Italian-Japanese dishes.

With the brilliant natural colors of the high-quality seafood as well as freshness, Azuma's seafood products are the key element for both appetite and the artistic presentation on the plate. Mr. Konagaya satisfies his customers with the best of Japanese and Italian flavor, serving the traditional Japanese sushi rolls accompanied by traditional Italian condiments such as balsamic vinegar dressing, basil sauce and pizza dough.

Tuna tartar martini is the beauty of NATSUMI's menu. Layers of both Japanese and Italian flavor create a luxurious sensation in your month. Mr. Konagaya stacks spicy tuna with avocado and martini jelly, topped with Azuma Foods' dark Tobikko for the rich appearance and surprising harmony of Japanese and Italian flavors. He finished the presentation with basil sauce and yuzumiso sauce.

Nearly 80% of the menu has seafood, and thanks to Azuma Foods' excellent quality, the seafood oriented menu is very successful at this new restaurant.

Through his crooked path over the decades, his professionalism and culinary inspiration produce modern yet authentic Japanese-Italian cooking. As always, he never forgets the excellence of Azuma Foods' seafood ingredients that have been helping the Japanese food scene.

NATSUMI Bar & Lounge is located at 226 West 50th Street (between Broadway and 8th Avenues). Phone: 212-258-2988.

NATSUMI also goes even more unique with toppings such as tuna and mango. Azuma Foods wasabi flavored green Tobikko adds creativity, flavor and colors. With full of vegetables, seafood and a pinch of spicy flavor, Pizza Nuova is a must-order dish for great Italian wine.

AF

Expand your cooking and presentation horizon!

To learn more about Azuma, visit their informative website azumafoods.com, or call their friendly sales representatives in the Northeast office at (201) 372-1112.

Azuma Foods International Inc., USA

20 Murray Hill Parkway Rt 17 130 East Rutherford, NJ 07073

Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and sake.

GROCERY

JAS Mart 1
2847 Broadway (bet. 110th & 111th St.) 212-666-4780 — Japanese

M2M B'way & 114th
2935 Broadway (bet. 114th & 115th St.) 212-280-4600 — Japanese

47St Japanese Deli
143 E 47th St (bet Lexington & 3rd Ave) 212-813-0675 — Japanese

Katagiri & Co., Inc
224 E. 50th St. (bet. 2nd & 3rd Ave.) 212-755-3566 — Japanese

Yegura
24 E. 41st St. (bet. 5th & Madison Ave.) 212-679-3777 — Japanese

Han Ah Reum
25 W 32nd St.(bet. Broadway & 5th Ave) 212-695-3283 — Korean

Woorijip
12 W. 32nd St. (bet. 5th Ave. & Broadway) 212-244-1115 — Korean

CHEZ NOAH
600 Washington St (bet Morton & Leroy) 212-675-4294 — Japanese

JAS Mart 2
36 St. Marks Pl (bet. 2nd & 3rd Ave.) 212-420-6370 — Japanese

JAS Mart 3
34 E. 23rd St. (bet. Park & Madison Ave.) 212-317-8882 — Japanese

M2M E. Village
200 E. 11th St. (at 3rd Ave.) 212-353-2898 — Japanese

Sunrise Mart
4 Stuyvesant St. 2nd Fl. (3rd Ave. & 9th St.) 212-598-3040 — Japanese

Pearl River Mart
477 Broadway (Grand St. & Broom St.) 800-878-2446 — Chinese

Sunrise Mart, SoHo
494 Broome St. (W Broadway & Wooster) 212-219-0333 — Japanese

Tonjin Mart
51 Mulberry St. (bet. Canal & Bayard St.) 212-962-0622 — Japanese

Tonjin Mart
6815 Fort Hamilton Pkwy (at 69th & 69th St.) 718-236-0373 — Japanese

Family Market
29-15 Broadway (bet. 29th & 30th St.) 718-956-7925 — Japanese

Sakura-ya
73-05 Austin St. (bet. Ascan Ave. & 73rd Rd.) 718-268-7220 — Japanese

Asian Market
91 Colvin Ave. Albany NY 12206 518-458-8166 — Chinese

DAIDO
522 Mamaroneck Ave. White Plains NY 914-683-6735 — Japanese

OS Seafood
14-16 North Central Ave. Hartsdale NY 10530 914-946-3695 — Japanese

Fuji Mart Corp. Scarsdale
816 White Plains Rd. Scarsdale NY 10583 914-472-1468 — Japanese

Kam San Foods, LLC
22 Barker Ave. White Plains NY 10601 914-428-4500 — Japanese

Oishinbo
283 Halstead Ave. Harrison NY 10528 914-835-4380 — Japanese

Nora Japanese Foods
169A Main St. Port Washington NY 11050 516-883-1630 — Japanese

Shin Nippon Do
63 Mineola Ave. Port Washington NY 11577 516-625-1614 — Japanese

Toyo Foods
625 Port Washington Blvd. Port Wash. NY 516-944-6464 — Japanese

DAIDO
1385 19th St. Fort Lee NJ 07024 201-944-0020 — Japanese

Family Market NJ
10 Franklin Tpk. Waldwick NJ 07463 201-444-5133 — Japanese

Mitsuwa Marketplace
595 River Rd. Edgewater NJ 07020 201-941-5113 — Japanese

Ridgewood Fisheries
30 Prospect St. Ridgewood NJ 07450 201-670-0862 — Japanese

Fuji Mart
1212 E. Putnam Ave. Riverside CT 06878 203-698-2107 — Japanese

J-Mart
15 Orange St. New Haven CT 06510 203-782-1234 — Korean

Cherry Mart
3490 Newbury St. Boston MA 02115 617-437-1939 — Japanese

Kotohukiya
1815 Massachusetts Ave. Cambridge MA 617-354-6914 — Japanese

Yoshinoya
36 Prospect St. Cambridge MA 02139 617-491-8221 — Japanese

Mondo
36 N. Narberth Ave. Narberth PA 19072 610-747-0557 — Japanese

SAKE

Gotham Wines & Liquors
2517 Broadway (bet. 93rd & 94th St.) 212-932-0990 — Sake

Nancy's Wine
313 Columbus Ave (bet. 74th & 75th St.) 212-877-4040 — Sake

Garnet Wine
928 Lexington Ave (bet. 68th & 69th St.) 212-772-3211 — Sake

Mister Wright
1583 3rd Ave (bet. 89th & 90th St.) 212-722-4584 — Sake

Ambassador Wine
1020 2nd Ave (at 54th St.) 212-421-5071 — Sake

Landmark wine
187 W 23rd St. (6th & 7th Ave.) 212-242-2323 — Saka Shochu

Union SQ Wine
140 5th Ave (at 18th St.) 212-675-8100 — Sake Shochu

LEQU WINES
600 Washington St. (at Leroy St.) 212-924-6939 — Sake

Astor Wine
399 Lafayette St (at 4th St.) 212-674-7521 — Saka

MJK liquor
151 3rd Ave (bet. 15th & 16th St.) 212-475-9168 — Sake

Warehouse Wines
735 Broadway (at 9th St.) 212-982-7770 — Sake

East Village Wine
189 Stanton St. (bet. Clinton & Attorney) 212-358-7700 — Sake

Granyette Wine
151 Grand St. (bet. Crosby & Lafayette St.) 212-925-1238 — Shochu

New York Wine EX
9 Broadway (bet. Morris & Battery Pl.) 212-422-0222 — Saka

Heights Chateau
123 Atlantic Ave. Brooklyn NY 11201 718-330-0863 — Saka

Smith and Vine
256 5th St. (bet. Douglass & Degraw) 718-243-2864 — Sake

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JAPANESE WHOLESALER

Central Bonki U.S.A. Ltd
55-30 46th Street Maspeth NY 11378 718-729-8966 — Food

Daiei Trading Co., Inc
14-50 128th St. College Point NY 11356 718-539-6100 — Food

JFC International Inc
40 Varick Ave. Brooklyn NY 11237 718-456-8805 — Food Sake

Nishimoto Trading Co
502 Washington Ave. Carlstadt NJ 07072 201-804-1600 — Food Sake

NY Mutual Trading Inc.
25 Knickerbocker Rd. Moonachie NJ 07074 201-933-9565 — Food Sake

Wine of Japan Import
231 W. Parkway Pompton Plains NJ 07444 973-835-0545 — Sake

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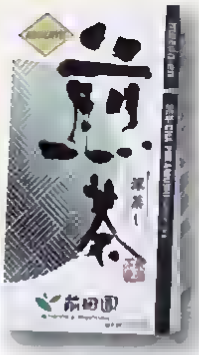
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From appetizer to dessert, from cold to hot, Morinaga Tofu Puree is versatile.

Inagiku, the upscale Japanese restaurant in the Waldorf Astoria Hotel, has been satisfying food savvy customers' taste buds with its authentic Japanese cuisine for more than 30 years. The executive chef, Mr. Ryota Kitagawa, has created many popular dishes with Morinaga Tofu Puree and here he talks about how he employs it in his creations

As tasty as it is, it doesn't require much preparation.

"This is one of the most requested dishes during this summer," says *Mr. Kitagawa* while serving *Hiyashi Puree Tofu*. It's a chilled starter, which clears the mouth and warms the stomach. You'd be surprised if you heard how simple the preparation is. He reveals, "I just beat Morinaga Tofu Puree until it becomes silky, drop seasoned jelly on top, and place thinly sliced scallion over it."

Another big hit, which will come back this winter, is *Donabe Tofu*. In an earthen pot, Morinaga Tofu Puree is heated in the oven for about 15 minutes until it's slightly hardened, but still soft enough to melt in the mouth. Then it's served with a warm, clear sauce. It's a perfect comfort food for the cold months. *Mr. Kitagawa* explains, "For hardening the texture of the soy milk, we used to use egg white, gelatin, or agar according to the temperature of the dishes. But these additions weaken the flavor of the soy. On the other hand, we don't need any additional ingredients for Morinaga Tofu Puree. Naturally we like the way it lets us preserve the original soy flavor."

Healthy substitute for oil in salad dressing.

The key ingredients of salad dressing are generally oil, vinegar, and salt, with oil playing the most important role, cutting the sour taste of vinegar and thickening the dressing. These days, non-oil-based dressings are getting more and more popular due to the concerns of health conscious consumers. At **Inagiku**, they substitute Morinaga Tofu Puree for oil. It perfectly balances the sourness of the vinegar and it thickens and condenses the dressing. "This dressing is not so loose that it can stay with vegetables and the other ingredients."

Chef's creativity maximizes the possibility of ingredients

"I thought it would create an interesting taste if I matched ogura (red bean paste) with tofu, because they're both made from beans," says *Mr. Kitagawa*, as he serves *Ogura Tofu Cheese Cake*. It's presented just like most Japanese traditional desserts, but the flavor is slightly European. Mascarpone cheese and sour cream add an Italian edge and chestnuts bring out a French essence. "I like the way Morinaga Tofu Puree goes well with other ingredients while keeping its tofu taste," he says. As *Mr. Kitagawa* proves in his dishes, Morinaga Tofu Puree can transform anything, from appetizer to dessert, from cold to hot.

Morinaga Tofu Puree is an innovative product with a low soy aftertaste. It is made from organic soybeans grown in the US. Like Mori-Nu Tofu, it contains no preservatives and comes as an aseptic package which allow you to keep it at room temperature.

MORI-NU

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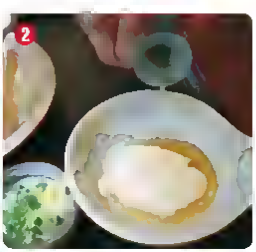
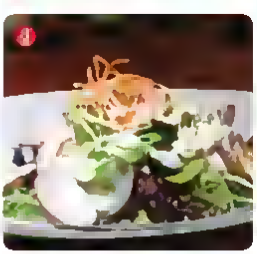




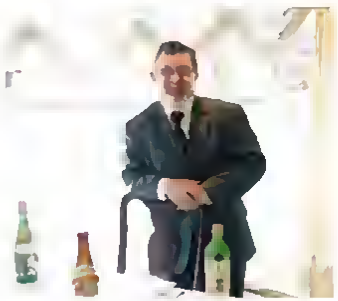
Ryota Kitagawa took charge of the kitchen of Inagiku three years ago. The quiet artisan keeps exploring his own version of authentic Japanese food.

Inagiku
111 E. 49th St.
New York, NY 10017
TEL. 212 355 0440

❶ Hiyashi Puree Tofu's fresh summery taste is perfect for starter. ❷ It's surprisingly silky and delicate. *Donabe Tofu* comforts your stomach during winter. ❸ Tofu dressing unifies each ingredient of this seafood salad. ❹ A unique marriage of red bean paste and tofu. *Ogura Tofu Cheese Cake* is a masterpiece.

CONVERSATIAON with SAKE SOMMELIER

Why one of New York City's best restaurants treats sake with a reverence usually reserved for wine.



For close to 28 years, **Chanterelle** has been serving classic French cuisine to New Yorkers from its airy and well-lit restaurant. In 1993, Master Sommelier, *Roger Dagorn*, joined Chanterelle to oversee its 5000 bottle wine cellar and in 1996 he added a surprising twist to the menu: sake. Treating Japanese rice wine with a respect normally reserved for fermented grape juice, Dagorn has introduced hundreds of New Yorkers to the pleasures of sake over the last 11 years and *Chopsticks New York* caught up with him to ask how this all started.

When did you first discover sake?
I had always been interested in sake but I'd been rather disappointed in the quality of what I'd been tasting. Then, about 11 years ago, I was invited to a tasting that a freelance writer was holding in his apartment on the Upper West Side. And I was quite surprised at the quality of what I tasted there and I knew then that I could do something at Chanterelle with sake.

How did people react when you started doing this?
At first, many people said, "I really don't like sake," to which I would reply, "Not to worry, this is not ordinary sake, this is real sake." I would ask them to try it and if they still didn't like it I'd bring them a glass of wine. I had so many customers who converted to sake at that point that it was incredible. Of course, there were still a few who were set against sake but they were in the minority.

Pairing Western food with sake must be a real challenge.
Not necessarily. I've had professionals taste sake blind and they couldn't recognize it as sake at all. Some of them thought it was a dry white wine but they couldn't figure out from where. I would give others a sweeter sake and they would think it's Madeira or a sherry. It's not what they expect from sake. The artisinal sakes that I serve are much more interesting on the palate and on the nose.

So is your approach to pairing sake and food the same as pairing wine and food?
My approach is very much like pairing wines. When I do a flight of wines I follow a basic premise of white before red, young before old, dry before sweet, good before great, and I follow that progression throughout. With sake I try to do the same thing. The sake needs to have a structure that complements the dish. If it's a fish course, especially if it's cured fish or raw fish, that's a no brainer. I'd certainly consider a junmai-shu and maybe a ginjo-shu or a daiginjo-shu or sometimes even a junmai daiginjo. You want to pair the highest level of sake that has substance and a little fruitiness on the nose and yet has some weight. And the aged sakes, like the koshus, work very well with red meat. I have one on my list, it's a **Narutotai Oaikoshu, 1988 Vintage** that has a richness and a smokiness to it that works great with red meat, as well as with game like rabbit. And duck is a very good match with it.

Are a lot of sakes aged?
No, and in fact most sakes are meant to be consumed within the first six months because after that they start losing their freshness and become stale. But there are certain sakes that are made to be aged. They turn a deeper color and they acquire a very rich, smoky aroma. This particular Daikoshu that I have was made in 1988. It spent 8 years in the cask and has been in the bottle ever since and it seems to evolve in the bottle and it just keeps getting better and better. I can't tell you how long it's going to last but I'm really enjoying it right now.

Are there any sakes you particularly recommend to people who are on the fence about sake?
There are a number of sakes that I really enjoy that I try to introduce as often as possible to novices who are hesitant. There are three or four sake brewers that I think are just outstanding. One is **Narutotai**, the second is **Tsukasabotan**, both from the island of Shikoku. And another is **Ichinokura**. Their high ends, their junmai daiginjos are leaner and crisper and can fool someone into thinking that they're a crisp, white wine. **Otokoyama** is another that's very well known throughout Japan even though it's a very small house. To me those are the highlights of really great sake.

What would you say to someone who wants to learn more about sake?
Experiment. There's a lot to experiment with out there. Certainly seek advice from purveyors in wine shops, and there are some very good shops that are carrying sakes and they have people there who can direct you to what they think is appropriate.

If you had to choose between trying an unknown bottle of wine and an unknown bottle of sake, which would you be more curious to taste?
Actually, I would make sure I tasted them both!

Chanterelle
2 Harrison St. (at Hudson St.) New York, NY 10013
TEL. 212-966-6960 www.chanterellenyc.com

A Shochu Moment with Kyoya

- Miyazaki's Oldest Shochu Distillery -

Vol.2 Hei-hachi-ro @ "Sakagura"

Some restaurants are destined to become a legend. Sakagura is one of such – not just having created a few sake fanatics but some are now making a living out of sake! It is where visiting *sakaguras* (breweries) make pilgrimage and sake purists gather, merrily sharing parts of its impressive sake portfolio together with small dishes of 'comfort' food.

When Sakagura manager Kadoi-san picked Hei-hachi-ro as one of their first *imo* (sweet potato) shochus, it already smelled like the beginning of a new trend – artisan shochus. As with artisan sake, true arts exist in small batch crafted Japanese spirits. In a world that only knows drinking spirits neat or on the rocks, Sakagura would give you a traditional *"Heihachiro no oyuwari"* (with hot water). Lifted, elegant aromas and gentle sweetness taste like home, taking you far beyond what you know about (hot) sake. – *Hiro Tejima*

Information

Enjoy "Hei-hachi-ro" Shochu at ***Sakagura***
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A Letter from the Kuramoto

vol.2 by Atsuhida Kato (The 11th president of Katoukichibee Shoulen)

BORN Tokusen Junmai Daiginjo.
A perfect match for any cuisine

BORN regionally brewed "jizake" is produced using Yamada Nishiki "junmai" premium rice from Hyogo Prefecture, which is polished until just 40% remains. Pure water is supplied by a 180 meter deep well on the brewery grounds in Fukui Prefecture. The sake is then carefully aged at ice-cold temperature, until it gradually reaches optimum maturity. BORN produces only junmai daiginjo using traditional brewing methods.

Soft as melting snow, BORN Tokusen possesses a rich flavor that complements any cuisine. The semi dry flavor pairs well with subtle dishes, such as tofu, mushrooms, oysters or soba without overpowering. The elegant flavor of Tokusen is best appreciated chilled, but I encourage you to try it on the rocks at room temperature – and even warmed to a few degrees below body temperature ("nuru-kan") to experience the subtle changes in the aged fragrance. The fruity flavor is delicious with a citrus twist, or drop of fresh juice.

Sensitivity to the change of seasons is deeply embedded in the hearts and minds of the Japanese people evidenced by the popularity of BORN Tokusen during all four seasons. You'll be pleasantly surprised at the versatility of this top seller!

www.born.co.jp

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Shochu that Accompanies Any Food

While Japanese food has been highly respected and appreciated by the entire world, Japanese sake has been gaining significant space on the liquor store shelves. **Chiyomusubi Shuzo Co., Ltd.**, a 120-year-old prominent Japanese sake brewery from the heart of sake manufacturing region in Japan, has been introducing their top-of-the-line products to the US market since 2000.

Chiyomusubi has been well respected for their shochu as well, which is distilled alcohol drink that is often made of sweet potato. Their top-of-the-line shochu brand is *Hama no Imota*. Thanks to the superior quality of the local harvests of Tottori Prefecture, the hometown of the brewery, they have been producing excellent shochu with the locally grown sweet potato, and *Hama no Imota* has been introduced to the New York's Japanese restaurants. The taste of this shochu is just amazing yet never interferes with any taste of the food accompanying the drink. The power of *Hama no Imota* is its own great taste, and it allows you to enjoy the taste of the food at the same time.

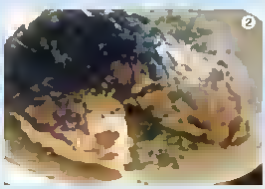
One of the places where *Hama no Imota* is the star of the menu is **Uminoie**. This bar, just like the meaning of the name translated as Japanese beach bar, is a casual and homey place with friendly Mika Okui, who runs the whole dining floor serving drinks and homemade foods. "*Hamo no Imota* goes excellent with any dishes," she says proudly. Having been asked for the best matching dishes, she quickly fixed a few dishes. One of them is Uminoie's specialties, home made udon. Delivered fresh directly from a local noodle shop in Japan, this noodle has an indescribable "al-dente" texture and simple but fresh flavor. Even with plain food like this, *Hama no Imota* absolutely entertains your appetite. *Hama no Imota* guarantees the same level of satisfaction with vegetables. Okra and Eggplant appetizer is another best seller at Uminoie, and *Hama no Imota* accompanies this appetizer so well.

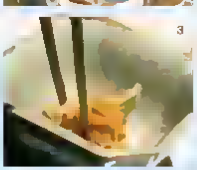
Hama no Imota, the shochu with 24% alcohol is served in this exclusive bottle of the bar called Uminoie bottle. For such an excellent atmosphere and the perfect menu for *Hama no Imota*, the brewer Chiyomusubi Co. Ltd. Presented this special bottle to this bar with an ocean blue label that reminds of the southwestern coasts in Japan.

At this hidden bar with no sign out on the street, *Hama no Imota* is kept in a special Uminoie bottle, the bottle for the store's most recommended drink. In a dimly-lit but easy-going atmosphere, Mika cooks in a very efficient way and serves multiple Japanese home-style cooking dishes in the narrow kitchen area behind the bar. Over the counter are always laughing and joking between Mika and her customers over *Hama no Imota* in a beach bar style glass.

Hamo no Imota is so perfect for a place like Uminoie, where, as Mika describes, "people amicably gather until after midnight, enjoying conversation and a large variety of comfort foods." On a quiet street between bustling St. Marks and the East Village, this hidden "home" attracts Japanese shochu fans looking for a relaxing evening.

Hama no Imota shares Tottori's natural pure water and the traditional brewery methods with Chiyomusubi's other major brand sake *Ryo* in a clear blue and artistic shaped bottle. *Ryo* is drier and has bitterer taste.





1 Mika, the owner of Uminoie holds Hama no Imota special Uminoie bottle
2 Okonomiyaki, the Japanese equivalent of pizza and omelet is enjoyable with *Hama no Imta*.
3 Mika's homemade kimpira, sauteed vegetable has a pinch of spiciness which boosts the flavor of *Hama no Imota*.

Uminoie
86 E. 3rd St.–New York–NY 10003
(between 1st and 2nd Aves)
TEL. 646-654-1122

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Chiyomusubi Brewery Co., Ltd
131 Tasshe-machi, Sakaminato-shi, Tottori, Japan
TEL: 0859-42-3191 www.chukan.ne.jp/~sake88/

GARYUBAI
臥龍梅
ARE YOU A GARYU?
"Garyu" means a dragon hidden in the mountains waiting for the rainy season. Dragons, known as the god of rain, fearlessly fly on rainstorms, and Garyu is used as a metaphor for a great hero waiting for his time to shine. In a temple near Sanwa Brewery, there is a plum tree named Garyubai which according to locale was planted by the renowned heroic figure Ieyasu Tokugawa when he was a boy. This sake was named Garyubai to represent our best wishes for the fellow Garyus.
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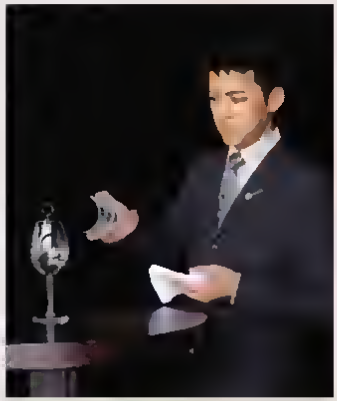
WORDS FROM THE HEART FOR DASSAI 23 ❶

As one of the highest quality sakes in Japan, *Dassai 23* has earned legions of fans since its introduction in the US. Here is what they have to say.

"Clean, clean, clean — Dassai 23 is a flawless premium sake."

—Taku Teramoto, *Chanto New York*



Taku Teramoto
After studying hotel management in the US, he started his career by joining *Chanto*, a restaurant group in Japan. He has helmed *Chanto New York* as its manager since it opened in 2006

UNFORGETTABLE SAKE

"Clean and clear," that's the first impression I had when I tasted Dassai 23. It just stunned me. I have a lot of experience in wine but not as much in sake, however, *Chanto New York* has organized several sake events and so I've had to deal with it more. We use wine glasses for serving bottled sake. In my opinion, people enjoy sake with their eyes and their noses as well as their taste buds. I really believe that the flavor of sake unfolds as it's allowed to breathe, just like wine. When the elegant aroma and fresh taste of Dassai 23 is opened up in the wine glasses it becomes unforgettable.

THE SAKE APPRECIATED BY BOTH NOVICE AND CONNOISSEUR

It's surprising that so many Americans enjoy sake these days. The American customers in our restaurant are quite open to trying sake and listening to our suggestions. They become interested in Dassai 23 when I explain, "They mill the rice down to 23 % before brewing this sake. That is how Dassai 23's super clean taste is produced." Once they understand this concept, they 100% enjoy the sake. I want to emphasize its cleanliness again because the clean taste comes from its high milling rate. Even a first-time sake drinker can appreciate that. At the same time, a real aficionado can appreciate that taste as well. I personally like to recommend Dassai 23 to the people who have more experience and knowledge about sake. Since it's a premium sake they can appreciate its subtlety and enjoy its taste and flavor as it develops in the mouth.

MARRIAGE WITH FRESH SEAFOOD

As I mentioned we regularly hold sake events, introducing locally brewed sake, offering tastings of specific types of sake, and pairing premium sakes with dishes. In the case of Dassai 23, fresh seafood would be a perfect match. Sashimi and sushi obviously go very well with this elegant sake, but even with western food, like carpaccio, the interplay creates a nice harmony. I would rather choose Dassai 50 for the dishes created by our executive chef, Mr. Kiyotaka Shinoki. Dassai 23 is too clean for his dishes, which have a robust flavor. But Dassai 50, whose milling rate is 50%, and Mr. Shinoki's creations really complement each other.

THE CITY CREATES A NEW PAIRING

In Japan, people drink sake with Japanese cuisine but, in New York, people naturally pair sake with food from all over the world. For example, at a restaurant like *Jean-Georges* they have good selections of sake and Dassai 23 is, of course, one of them. In New York it's fine to break all the rules about pairing sake and food. I like that.

Interviewed at **Chanto New York**
133 Seventh Avenue South, New York, NY 10014
TEL. 212-463-8686 www.chantonyc.com

-Voice from Dassai 23 enthusiast-

PERFECTING A DISH BY PAIRING THE PERFECT SAKE

I first tried Dassai 23 at a sake tasting event about 2 years ago and I was instantly amazed by the elegance of this well- balanced sake. It is well-crafted with gentle aroma, soft approach, round flavor and clean finish. This is a type of sake that is approachable to everyone, as the first reaction is inevitably "Oh, this is good!" That's the essence of Dassai 23. While I have enjoyed Dassai 23 on many occasions with sake connoisseurs in the past, I've recently been sharing this bottle with that special someone turn a special occasion into an extraordinary one.

——KC Shinozaki

Dassai 23 (Niwari Sanbu)
Junmai Daiginjo

Made from rice milled down to its core until only 23% of the original remains. This is the highest degree of milling for commercial sake in the world. It is a sake that is the pinnacle of refined elegance, subtlety, delicate flavors and aromas.

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get inspired
get ahead

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Time for New Look

The autumn colors are over, and now winter approaches step by step. Dry and cold, the winter air in New York is not easy on your hair and skin, and it is the time to check out yourself for the upcoming holiday season. Besides, there are opportunities to try new styles and looks on you.

From relaxing massage to anti-aging treatment, and from Japanese hair straightening to new hair treatment methods ..., Chopsticks New York selects where to go and what to try for your new styles and good cares of yourself. It is the time for gearing up for the end of the year.

To apply for free gift items, send email to reader@chopsticksny.com
Please include name of the item, your name and mailing address.
Deadline: November 30th, 2007

commune salon & gift

A hair salon and gift boutique where relaxation and creativity meet

While its boutique offers an interesting variety of unique jewelry, accessories, vintage home decors and collectibles, its salon follows a philosophy of healthy and gentle hair care by using non-irritating products that incorporate natural ingredients to minimize potential damage to the hair and scalp. Aromatherapeutic Hair Wash is a head massage using an organic PH-balanced shampoo blended with an essential oil of your choice. The soft natural light from the skylight above the shampoo area adds a relaxing atmosphere for your experience. All stylists are highly skilled, and they have extensive experience as hair stylists in Japan. They can turn any type of hair into a beautiful piece of art.

Ms. Shiho Taneka

After working as a stylist in Tokyo for 5 years, she relocated to the U.S. in 1999. Upon arriving to the U.S. she worked in Japanese hair salons and as a freelance stylist. In 2004, she joined commune salon & gift as an opening staff member.

191 Grand St. Brooklyn, NY 11211
718-384-7412
www.communesalon.com
Closed Mondays
Tue-Sun: 11am-8pm
Hair cut: $45-$55
Aromatherapeutic Hair Wash: $15

Katsuko Salon

Versatile Hairstyles and Japanese Straight Perm in New Jersey

Conveniently located in New Jersey just half a block from the George Washington Bridge, Katsuko Salon specializes in fusing different hairstyles to create unique looks for today's daring young people. The salon has won acclaim in leading newspapers including The Star-Ledger and The Record as one of the top salons on the East Coast offering the Japanese straight perm. Led by owner stylist Katsuko, their veteran stylists Hiroshi and Toshi have over 20 years of experience and combine the best elements of Japanese methods with contemporary American techniques to push the envelope of looks that are yet to come. At Katsuko Salon you will find hairstyles that stand out in all the right ways.

Ms. Katsuko Watanabe (Owner Hair Stylist)

2007-1990: Katsuko Salon's Owner. 1990-1985: Hair Stylist & Manager at Akane Salon in Fort Lee, NJ. 1985-1978: Hair Stylist & Top Chief at White House Hair Salon in Osaka, Japan.

2039 Lemoine Ave. Fort Lee, NJ 07024
201-585-9699
Tue-Sun: 10am-6pm. Monday closed
Hair Cut: Women $60, Men $40
Brazilian Straight Perm: $100~
Japanese Straight Perm: $300~

Hisako Salon

Stylish Men's Haircut At Hisako Salon Chelsea

Hisako Salon located in the heart of Chelsea is a sister salon to Hisako Salon in Midtown that has catered to both Japanese and local clientele for over 2 decades. The cozy interior of the Chelsea provides a soothing atmosphere. The clientele is 90% locals and walk-ins are always welcome. Hitomi, one of Hisako Salon's skillful stylists specializes in men's haircut and styling. Many male clients request short hair in the back, but it often reveals too much scalp and uneven head shapes. Hitomi uses both clippers and scissors to utilize the client's hair characteristics for a more natural look. She recommends that a small amount of wax applied to the hair gives a stylish finish.

Ms. Hitomi Nakamura

She was interested in makeup as a child and pursued her career in cosmetics. She is also a trained barber and is highly skilled in men's cut and styling.

183 7th Ave. (bet. 20th & 21st St.)
212-989-2233
http://hisako.yoll.net
Mon-Fri: 12pm-9pm
Sat & Sun: 10am-7pm
$40 (Men)
$60- (Women)

momotaro Hair Salon

Relax, Refresh and Give Beauty to Your Heart!

Momotaro is the oldest Japanese salon in New York, offering complete beauty care from haircut, barber, aesthetic and nail care to massage. Their experienced hairstylists are the top stylists from Japan with over 5 years of experience and are licensed both in Japan and in New York. Momotaro specializes in SuperStraight also known as Japanese Straightening. This treatment uses flat thermal irons to straighten curly hair. It is highly effective because the thermal iron allows the treatment solutions to deeply penetrate the hair, reducing the damage while providing a super silky straight look. Momotaro's highly specialized techniques and meticulous service will exceed your expectations.

Mr. Sammy Miyamoto

Worked at momotaro in Japan and became the owner of momotaro NY in 1979. He is a top hair stylist and a master barber who stays on top of the industry trends both in the US and Japan.

645 Fifth Ave. 2nd Fl.
(bet. 51st & 52nd St.)
212-759-2392
www.momotaro.us
Sat-Sun: 10am-7pm, Mon: 11am-8pm
Tue-Fri: 10am-7pm (Barber until 9pm)
Cut: $68 & up. Perm: $168 & up

RH plus salon

10% Off For All New Customers
Royal Treatment by Skillful Stylists

RH plus salon opened its doors in the spring of 2007 in an expansive studio where natural soft light pours in through large windows. They offer personal and thorough care with the motto "Ichigo Ichie", which means to treasure every encounter in Japanese. Free shiatsu scalp massage shampoo and shiatsu shoulder massage are offered to all clients. Depending on the client's hair type and style, RH's skillful stylists use wet & dry cut, chop cut, stroke cut and slide cut. New at RH is a hair treatment from Japan. Nano Amino Damage Control that repairs damaged hair by restoring nutrients. At RH you will always get a royal treatment that makes you feel beautiful inside and out.

Atsuko (right) **Ryuji** (left)

Atsuko worked as a stylist in Tokyo for 7 years. After 10 years at a salon in the West Village she joined RH+ in 2007.
Ryuji was a top stylist & makeup artist in the renowned Tokyo salon RITZ for 10 years. His clientele included celebrities.

805 3rd Ave., 2nd Fl. (bet. 49th & 50th St.)
212 644-8058
www.rhplusny.com
Mon-Fri 10am-8pm
Sat. 10am-6pm
Hair Cut $70 (Women) $50 (Men)
Nano Amino Damage Control $50

YUI Salon

Head & Hair Anti-Aging Treatments
at a New Hair Salon in the West Village

YUI salon opened its door in August 2007 to bring joy to people through beauty. The owners are a hairstylist and an aesthetician and the salon's concept "Head & Hair Anti-Aging" came from managing a salon in Japan that offers total beauty care of aesthetics, aroma and nail treatments. It is their goal to provide their clientele with a serene and peaceful environment. YUI salon trains their staff with veteran stylists who have extensive experience in Japanese and U.S. salons, as well as TV and magazine shoots. It is best to ask questions about styles and hair care at YUI salon. They will find the best styles and anti-aging menus for you based on your hair type and quality.

MAKI

Since Maki-san works as a freelance stylist for ad and magazine shoots she is skilled in cut, blow-dry as well as hair extension and coloring. Her meticulous coloring technique is one of her signatures.

323 W. 11th St.
(bet. Greenwich & Washington St.)
212-647-9303
Tue-Fri 10am-7pm Sat 10am-6pm
Sun 11am-6pm (last appt.)
Hair Cut: Women $70-$90
Men $60 $80

Shige Kosuda Salon

Thermal Reconditioning turns curly hair
into beautiful and silky straight hair

Conveniently located in Midtown East, Shige Kosuda Salon has been serving clientele of all ages from all over the country since 1994. Customer-centric service is Shige Kosuda Salon's philosophy, and they carefully discuss the client's needs during consultations and cater to them accordingly. Shige Kosuda Salon is a pioneer in Thermal Reconditioning of the hair, which was first developed in Japan and was made popular in the U.S. by the salon owner Mr. Shige Kosuda. This treatment straightens curly and unmanageable hair. Clients with exceptionally curly and hard-to-manage hair can expect the miracle of straight hair.

Mr. Shige Kosuda

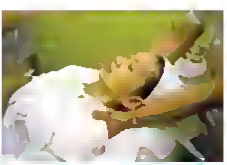
Prior to opening his own salon, Shige was a lead hairstylist at Momotaro in New York and Yamano Beauty Salon in Tokyo. He gives seminars on Thermal Reconditioning at top salons in New York and Beverly Hills.

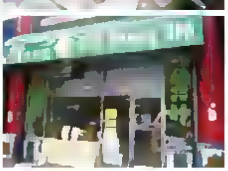
141 E. 55th St.
(bet. 3rd & Lexington Ave.)
212 759-2397
www.shigesalon.com
Tue-Sun 10am-7pm Mon Closed
Hair Cut: $75 & up
Thermal Reconditioning: price varies

KSS Beauty Spa Inc

Micro-Dermabrasion is a Must
for Healthy and Beautiful Skin

KSS Beauty Spa offers a wide variety of quality skincare treatments by experienced beauticians at reasonable prices. Their list of services includes permanent makeup (eyebrows, eyeliners and lips), minor mole removal, wrinkle treatments, blackhead removal and facial treatments. KSS Beauty highly recommends and specializes in Micro-Dermabrasion, which is a mechanical exfoliation that removes the uppermost layer of dead skin cells from the face. It leaves the skin with a fresh, glowing look, and diminishes sun damage, wrinkles, enlarged pores and coarse skin. To maintain healthy skin daily facial care and weekly applicatrion of the beauty mask are recommended.





Katrina

Katrina has 32 years of experience as a beauticien. She received special trainings from Biologique Recherche and Guinot in NYC. Main trainning in Paris. Her Specialties are facial treatment and permanent make up.

187 Centre St. (bet.-Canal & Hester St.)
212-966 8531 212 966 6651
www.kssbeautyspa.com
Mon-Fri 10am-9pm
Sat-Sun 10am-7pm
Micro-Dermabrasion $48
Anti-Wrinkle Treatment $138

Moonflower Spa

Unique State of the Art Result Oriented Facials For Men and Women

Moonflower Spa specializes in progressive treatments and customized services, using only the finest products. Their staff is experienced Japanese aesthetic ians and each treatment is customized for the individual to maximize its effectiveness. Moonflower Spa highly recommends its Deep Pore Cleansing Facial. Dirt and excess oil clogs pores which causes skin breakouts. For clients suffering from acne and over active oil glands, this facial treatment draws out impurities reduces oil without dehydrating the skin and provides balanced moisture. Gentle cleansing, skin analysis exfoliation and massage are followed by a clay mask and a customized mask for your skin type.

Yuko Funaki

After working as an aesthetic an for 7 years, she opened Moonflower Spa in 2005. She has lived in New York for 12 years and is a NY State Licensed aesthetician

8 E. 41st St. 3rd Fl. (bet. Madison & 5th Ave.)
212-683-8729
www.moonflowerspa.com
Mon-Fri 11am-9pm Sat-Sun 11am-8pm
Deep Pore Cleansing Facial $55 (50min)
Microdermabrasion $50 (First time customer only)

HABA LABS USA

Additive-Free Cosmetics. (Mutenka Cosmetics)

HABA stands for "Health Aid Beauty Aid", the founding principle of the company. Their philosophy is to pursue true beauty by maximizing the natural healing powers of the skin. HABA products do not contain any paraben artificial fragrance, tar color agent or petrochemical surfactant. **FAIR LADY Vitamin C Serum** is an intensive skin care serum containing 6% Vitamin C derivative which is essential for the synthesis of collagen to keep the skin supple and elastic. It is also an antioxidant that helps reduce skin damage from UV rays, stress air pollution and smoking. It will even out your skin tone reduce wrinkles and promote smoother and more radiant skin. Indulge your skin with HABA, and experience true beauty.

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(1.1oz $39.00 0.37oz $14.00)

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(HABA)
www.jagajagamall.com
(Jagajaga Mall)
New York: Rakuza

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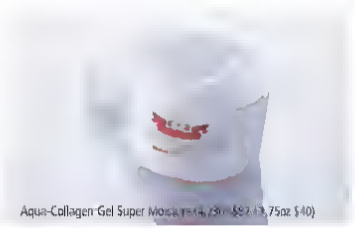
Dr.Ci:Labo believes that less than a handful of skincare products is all you need to maintain healthy and beautiful skin. Lead by a dermatologist Dr.Ci:Labo's line of products are versatile and do not contain any additives coloring fragrance or petroleum surfactant. **Aqua-Collagen-Gel Super Moisture** is a new extra rich moisturizing gel that works all day long. It contains nano spheres, small enough to penetrate the outer layer of the skin and once in the dermis open to release 19 amino acids and 3 types of collagens. By balancing the skin PH, toning and moisturizing, it plumps up the skin cells and restores a youthful look. Using this product morning and night will restore an ageless glow and moisture in the skin, minimizing wrinkles.



Aqua-Collagen-Gel Super Moisture (4.3oz $82.00 0.75oz $40)

WHERE TO BUY
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Douglas Cosmetics
Takashimaya NY
Townhouse Spa
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866-924-5226

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866-924-5226

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CEFINE is a line of cosmetic products that was developed with the philosophy of action, quick effect, retention and safety. These skin care products are produced from the essence of herbs and seeds. No fragrance or color is added making them perfect for people with sensitive skin. **Herb Clear Gel** is an exfoliate that eliminates keratonized skin (hard dead skin) and improves moisture retention to give new shine and clarity to your skin. It contains herbal extracts that gently dissolve old cells and clear blocked pores leaving it soft and refined and preventing the skin from future damage. Regular use of Herb Clear Gel will result in acne control reduction in the appearance of hyper pigmentation, scars, fine lines, and wrinkles.

Herb Clear Gel (4.23oz $27.00)

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www.tokyobeautyproducts.com
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Beauty Guide

HAIR SALON

Upper East — Giovanni-Sacchi
1364 Lexington Ave (bet 90th & 91st St) | 212-860-5557 | F $50- M $30-

Upper East — Michu
206 E 60th St (bet 2nd & 3rd Ave.) | 212-752-3228 | F $80- M $50-

Upper East — Tomoko Shima Hair Salon
171 E 82nd St (bet 3rd & Lexington Ave) | 212-722-6628 | F $90- M $55-

Midtown West — Hisako Salon
9 W 45th St 2nd Fl (bet 5th & 6th Ave) | 212-764-8640 | F $40- M $40-

Midtown West — Mingle New York
10 W 55th St 2nd Fl (bet 5th & 6th Ave) | 212-459-3320 | F $70- M $70-

Midtown West — Mitzu
57 W 57st St #1204 (at 6th Ave) | 212 757-5350 | F $125 M $95

Midtown West — VIJIN
10 Rockfeller Plaza Concourse Level | 212-307-2222 | F $58- M $52

Midtown East — Izumi Salon
22 E 49th St. 2nd Fl (Madison & 5th Ave) | 212-588-0488 | F $55- M $43-

Midtown East — Kiara
515 Madison Ave (at 53rd St) | 212 832-2599 | F $48- M $37

Midtown East — Manish
231 E 53rd St (bet. 2nd & 3rd Ave.) | 212-755-9823 | F $45- M $35-

Midtown East — Momotaro

Momotaro celebrates 35 years in New York City! Momotaro is the oldest Japanese Salon in New York, serving not only the Japanese community but all of New York. Nail Design, Gel Nail Extension, Eyelash Extensions now available.

545 5th Ave. 2nd Fl (bet Madison & 5th Ave) | 212 759-2382 | www.momotaro.us | F $68- M $48-

Midtown East — Salon Shin
141 E 47th St (bet. 3rd & Lexington Ave.) | 212 753-0930 | F $60- M $45-

Midtown East — RH Plus Salon

RH Plus Salon is a brand new salon opened in 2007 staffed by stylists with over 20 years of experience in NYC and Tokyo. All aspects of hair design available, Japanese straightening, celebrity and anime character hairstyles. We offer affordable prices.

#05 3rd Ave. 2nd FL (bet. 45th & 50th St) | 212-644-6056 | www.rhplusny.com | F $70 M $50

Midtown East — Shige Kosudo

Shige Kosudo Salon is a pioneer in Thermal Reconditioning of the hair. This treatment straightens curly and unmanageable hair. Their highly skilled stylists carefully discuss your needs during consultations, catering to them accordingly.

141 E 55th St (bet. 3rd & Lexington Ave.) | 212 755-2397 | www.shigesalon.com | F $75- M $50-

Chelsea — Hisako Salon

Located in the heart of Chelsea, this master salon by Hisako Salon in Midtown that has catered to both Japanese and local clientele for over 2 decades. Walk-ins are always welcome. Opened 7days Mon - Fri until 8pm.

183 7th Ave. (bet. 20th & 21st St) | 212-989-2233 | http://hisako.yoll.net | F $53- M $40-

Chelsea — KIWA Salon
234 W 27th St (bet. 7th & 8th Ave.) | 212-620-3048 | F $55 M $55

Gramercy — Hayato New York
125 E 23rd St. 2nd Fl (Park & Lex Ave) | 212-673-7373 | F $60- M $60-

West Village — SEI-TOMOKO
142 W 4 St (Washington Sq. Pk & 6th Ave) | 212-477 5475 | F $35 M $35

West Village — YUI Salon

Must try HEAD SPA w/ SHIATSU at the newly opened Hair Salon! After the deep cleaning, ease muscle tension and promotes blood circulation through a shiatsu massage to the scalp, neck and shoulders. It makes you looking young with shiny hair.

323 W 11th St (Greenwich & Washington) | 212-647-9303 | F $70- M $60-

East Village — AK Salon
96 St. Marks Pl (bet. Ave A & 1st Ave.) | 212-260-8703 | F $60 M $50

East Village — Hair Mates Downtown
13 3rd Ave. (bet 7th & St. Marks Pl.) | 212-777-4812 | M $35- M $35-

East Village — K2 Salon
219 E 10th St. (bet. 1st & 2nd Ave.) | 212-260-5196 | F $60 M $50-

East Village — Powder Room
319 E 9th St. (bet. 1st & 2nd Ave.) | 212-677-2020 | F $80 M $50

East Village — Ueno Salon
408 E 9th St. (bet. 1st Ave. and Ave. A) | 212-505-7773 | F $80- M $60-

Lower Mhn — Lotus Salon
7 Prince St. (bet. Elizabeth & Bowery St.) | 212-219-3283 | F $70 M $60

Lower Mhn — Q Hair
19 Bleecker St. (bet. Mott & Elizabeth St.) | 212-614-8723 | F $94 M $84

Lower Mhn — Shizen
227 E 6th St (Bet Ave B & C) | 212/777-2128 | F $85 M $65

Lower Mhn — Takamichi Hair
35 Great Jones St. (Lafayette & Bway) | 212-420-7579 | F $80 M $60-

Lower Mhn — Uann Salon
218 Mulberry St. (bet. Prince and Spring St.) | 212-343-2233 | F $65- M $60-

Brooklyn — Commune Salon & Gift

Commune is a hair salon and gift boutique located in Williamsburg. We provide gentle hair services including quality Japanese treatments and low-chemical processes. Our boutique section offers a collection of creative jewelry and accessories.

191 Grand St (bet. Driggs & Bedford Ave.) | 718-384-7412 | www.communesalon.com | F $55- M $45-

Upstate — Akane Salon
7 S Hamsdale, Hartsdale, NY 10530 | 914-946-0216 | F $50- M $45-

Upstate — Hair Studio NAKA
267 Hillside Ave. Harrison, NY 10528 | 914-835-0045 | F $60- M $50-

Upstate — Hiro's Hair Salon
99 Purchase St. Rye, NY 10580 | 914-921-9338 | F $60 M $50

Upstate — Momotaro
2 Spencer Pl. 2nd Fl. Scarsdale, NY 10583 | 914-472-5897 | F $60- M $50-

Long Island — LI Wave
18 Haven Ave. Port Washington, NY 11050 | 516-883-3048 | F $40 M $30

New Jersey — Akane Salon
2024 Center Ave. Fort Lee, NJ 07024 | 201-461-9644 | F $40- M $30-

New Jersey — Katsuka Salon
2038 Lemoine Ave. 81 Fort Lee, NJ 07024 | 201-585-8608 | F $55- M $40-

New Jersey — Salon Tomo
1617 Parker Ave. Fort Lee, NJ 07024 | 201-946-0501 | F $45 M $40

New Jersey — Tosh Hair Supreme
1550 Lemoine Ave. Fort Lee, NJ 07024 | 201-461-5642 | F $45- M $40

SPA

Midtown West — Nihon Day Spa
15 W 44th St 10th Fl (bet 5th & 6th Ave.) | 212-575-7652 | $30-

Midtown West — SHIZUKA new york
7 W 51st St 9th Fl (bet. 5th & 6th Ave.) | 212-644-7400 | $105 /50min

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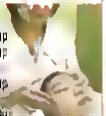
5 E 41st St 3rd Fl (bet. 5th & Madison Ave.) | 212-683-8729 | www.moonflowerspa.com | $75 /90min

East Village — TAMAGO Skincare
251 E 13th St (bet. 2nd & 3rd Ave.) | 212-505-1539 | $45/h-

Lower Mhn — KSS Beauty Spa
187 Centre St (bet. Canal & Hester St.) | 212-966-9531 | $35

FALL SPECIALS



Seaweed Body Wrap $60-
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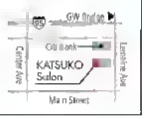

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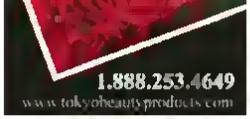

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Sitting in a Slice of Heaven

The Panasonic Real Pro Ultra Massage Chair

By DaVe Lipp
Photographs by Takuya Sakamoto

Getting the opportunity to relax in New York is about as rare as getting a suntan in Antarctica! So having the chance to test one of Panasonic's new high-end massage chairs was one of the best things I could have been told I HAD to do. The company that has been making every kind of electronic gadget you could imagine has surprisingly been perfecting various kinds of massage technology for more than 35 years. Panasonic's Real Pro Ultra Massage Chair, model EP30004KU/TU is nothing short of top of the line technology.

One of the smartest chairs you will ever sit in, it uses pressure sensor technology to design an individual massage for you. Once you turn the power on and choose a massage from the basic settings, two rollers run up and down your back, neck, and head scanning the contours of your body and then adjusts itself to help create the perfect massage for you.

Combining 200 square inches of back massage with 460 square inches of air massage, there are countless ways to be pampered as I was in the Panasonic showroom. With the help of Product Specialist Yasuhisa Miyawaki, I learned that, "The scanning is one of the benefits of this chair. People have different contours and shoulder height. The scanning system allows the chair to create a massage for each person, resulting in better blood circulation and the relief of stress."

Whether it's a Shiatsu, Swedish, Fist Kneading, Grasping, or a "Junetsu," (ultra fine kneading) massage, which is a technique based on the one-second circular thumb movements used by professional massage therapists, this chair will provide an authentic body massage wherever you need it. Thoroughly relaxing, with the most advanced technology out there today, this high-end chair isn't available just anywhere. Along with the Panasonic website, of course, The Sharper Image is one place where you can go and test this luxury class massage chair out for yourself. I would highly recommend that you do so, though I would expect a line. But it's worth the wait!

Panasonic
www.panasonic.com (Official website)
Panalink (Sales and services of Panasonic)
20 East 46th St., NYC
Tel: 212-818-0202 www.panalink.com

Other health products to check out
*See Page 37 for more listings

Health Guide

SHIATSU

M dtown West — Salon de Tokyo
200 W 57th St #1309 (at 7th Ave) — 212-757-2187 — $70 /90m n

Midtown West — Esprit Wellness
2 W 45th St. #1708 (bet 5th &6th Ave) — 212-953-5979 — $60 /15m n

M dtown East — Kenkodo Inc
333 E. 43th St. Lky-O (bet 1st & 2nd Ave) — 212-370-0088 — $90 /60m n

M dtown East — IDD HOLISTIC CENTER

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9 E 45th St 8th Fl (bet Madison & 5th Ave) — 212 593-5300 www.idscenter.com — $80 /60min

M dtown East — Ease Salon
51 E42 St #1406 (bet Madison & Vanderbilt) — 212-661-5151 — $40 /25m n

M dtown East — Do-in Center
211 E 43rd St #1606 (bet 2nd & 3rd Ave) — 212-687 1114 — $120/h

Chelsea — OHASHI INSTITUTE
147 W. 25th St. 6th Fl (bet 6th & 7th Ave) — 800-710-4190 — $85 /60min

East Village — Koisy
229 E 9th St 2nd Fl (bet 2nd & 3rd Ave) — 212 253-6171 — $45 /60min

Lower Mhn — Howard Beauty

Howa d Beauty Salon offers a rotal beauty care from head to toe. Fac al includes steam, hand massage pore treatment and me sture pack. Foot massage cha rs are equ pped w th TV. Private rooms ava lable
34 Howard St 2nd Fl (bet B'way & Lafayette) — 212-625-1988 — $35 /60min

Lower Mhn — Health Trail CD
23 Pell St. 2nd FL (bet Mott & Bowery St) — 212 608-8212 — $80 /60min

ACUPUNCTURE

Upper West — Or Hong
4167 Broadway (bet 175th & 177th St) — 646-239-3322 — $55/ visit

Upper East — Herbal Fairy Spa
225 E 64th St. #4 (bet 2nd & 3rd Ave) — 212-256-3688 — $80 /60min

Midtown West — Yamaguchi Acupuncture
161 W 54th St #21 (bet 6t & 7th Ave) — 212-246-7566 — $140 /visit

Midtown West — NY Accpuncture & Herb
250 W 57th St. #1330 (at Broadway) — 212 262-9696 — 200 /visit

Midtown West — Nihon Medical Group
15 W 44th St 10th Fl (bet 5th & 6th Ave) — 212-575-6910 — $80-

Midtown West — Eileen Chen
119 W 57th St Suite 511 (6th & 7th Ave) — 212-374-2690 — $100/h

Midtown East — David L Zeng
14 E 34th St 5th Fl (bet. 5th & Madison Ave) — 212-683-1773 — $60 /50m n

Midtown East — Amy Nature Center
137 E 47th St (bet 3rd & Lexington Ave.) — 212 317-7720 — $50

Midtown East — Acumed Center
150 E 56th St. #1C (bet 3rd & Lexington Ave) — 212-593-8877 — $70 /50m n

Midtown East — 41st Street Medical
11 E 41st St (bet 5th & Madison Ave.) — 212-683-0041 — $90/ 120m n

Chelsea — Yoshiko Kamiyama
20 W 20th St #311 (bet 5th & 6th Ave) — 914-954-6804 — Homeo -pathy

East V llage — SuHu Natural Health
1 Un on Sq W #715, (at E 14th St) — 212-691-8281 — $90/ v sit

Lower Mhn — Naturell ne Therapy
53 Bayard St #5 (E zabeth & Mott St) — 212-608-6868 — $40

Queens — Chin Kei
133-47 Sanford Ave #1G Flush ng NY 11355 — 718-961-7222 — $50 /45mn

HEALTH PRODUCT

Midtown East — Sun Chlorella USA
9 E. 41st St. 2nd Fl (bet 5th & Madison Ave) — 866-500-9544 — Supple ment

Queens — Metro Pharmacy
41-16 30th Avenue Astoria NY 11103 — 718-204-1414 — Pharm -acy

Californ a — Condex. Inc
370 S. Crenshaw Blvd Torrance CA 90503 — 310-618-0444 — Health Product

Cal fornia — Kamerycah
3069 Carson St #101 Torrance CA 90503 — 888-656-2233 — Supple ment

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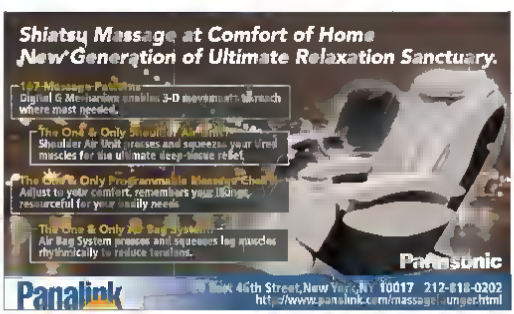

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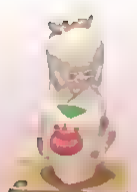

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School Guide

The following is a list of schools... Here you can learn Japanese and more.

LANGUAGE

Midtown East — Amity Language Institute — Japanese
128 E 40th St #203 (bet. Park & Lex. Ave.)
212 937-0374

Midtown East — Japan Society — Japanese
333 E 47th St (bet. 1st & 2nd Ave.)
212-832-1155

Midtown East — Language House — Japanese
545 F 5th Ave. # 310 (at 45th St.)
212 949-5450

Chelsea — ABC Language Exckanga — Japanese
135 W 29th St # 1204 (bet. 6th & 7th Ave.)
212 563-7500

Chelsea — Tanu — Japanese
43A W 13th St (bet. 5th & 6th Ave.)
212 645-2600

TRADITIONAL

Upper West — Ikenobo Society NYC — Ikebana
30 W 60th St 6K (Columbus & Broadway)
212-757-6748

Upper West — Sogetsu Ikebana School — Ikebana
201 W 70th St (at Amsterdam Ave.)
212 873-6115

Upper East — Earthworks Pottery — Pottery
1705 1st Ave (at 89th St.)
212 876-6945

Upper East — Urasenka Chanoyu Ctr — Sado
153 E 69th St (bet. 3rd & Lexington Ave.)
212 288-8161

Midtown West — New York Togei School — Pottery
5 W 30th St 3rd Fl (bet. 5th & Broadway)
212 268 1711

Midtown West — The Nippon Club — Sado
145 W 57th St (bet. 6th & 7th Ave.)
212 581-2223

Lower Mhn — Ikebana Flowers NY — Ikebana
173 Lafayette St #207 (Broome & Grand St.)
212 966-9763

Lower Mhn — Kampo Cultural Center — Caligraphy
31 Bond St (bet. Lafayette St & Bowery)
212 228-3063

Chelsea — OHASHI INSTITUTE — Shiatsu

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800-410-4190 www.ohashiatsu.org

Queens — K-sui Shodo — Shodo

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23-11 38th St 2nd Fl Long Island City
718-278-0506

Japan — Ikebana International — Ikebana
nfo@ikebanany.org
212 724 7067

Japan — Ohara School of Ikebana — Ikebana
oharanyc@aol.com
646-314-3597

MARTIAL ARTS

Upper West — Kokushi Budo Institute — Karate
332 Riverside Dr (bet. 105th & 106th St.)
212-866-6777

Upper West — NY Yoshinkan Aikido — Aikido
2729 Broadway 3rd Fl (bet. 104th & 105th St.)
347 539-0422

Upper West — Shorinryu Matsubayashi — Karate
131 W72 St 2R (bet. Amsterdam & Columbus)
212-875-6625

Upper West — Shotokan Karate-Do NY — Karate
2121 Broadway 4th Fl (at 74th St.)
212 799-5500

Upper West — UWS Kenshikai Karate — Karate
2744 Broadway 2nd Fl (bet 105th & 106th St)
917-291-0487

Upper East — NYC Kendo Club — Kendo
311 E 74th St 5th Fl (bet. 1st &2nd Ave.)
212-674-6181

Upper East — Ultimate Karate USA — Karate
1650 3rd Ave 3rd Fl (at 107th St.)
212-426-4666

Upper East — WTKO Honbu Dojo — Karate
206 E 63rd St (bet. 2nd & 3rd Ave.)
212-207 1907

Midtown West — Aikiko of Manhattan — Aikido
80 W 39th St 3rd Fl (at 6th & 5th Ave.)
212-575-0151

Midtown West — KYOKUSHIN KARATE — Karate

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284 Fifth Ave (at 30th St.)
212-947-3334 www.kyokushinkarate.com

Midtown West — New York SATO DOJO — Karate
257 W 39th St 14Fl (bet 7th & 8th Ave)
646-235-0253

Midtown West — Shinjinbukon New York — Karate
250 W 57th St #528 (Broadway & 8th Ave)
917-400-8183

Midtown East — Kanshikaikan Karate — Karate
YMCA 224 E. 47 St (bet. 2nd & 3rd Ave.)
212-756-9600

Midtown East — N Y Skorin Kyu Karate — Karate
37 W 20th St. #N (bet. Broadway & 6th Ave.)
212-490-9600

Chelsea — Bond Street Dojo — Aikido
214 W. 29th St. 3rd Fl (bet. 7th & 8th Ave.)
212-477-0899

Chelsea — Eizanryu Jujitsu Biwoko — Judo
214 W. 29th St. 3rd Fl (bet. 7th & 8th Ave.)
212-250-0927

Chelsea — New York Aikikai — Aikido
142 W. 16th St. 2nd Fl (bet. 6th & 7th Ave.)
212-242-6246

Chelsea — SkorninKempo NYC — Karate
151 W 25 St 6Fl (bet. 6th & 7th Ave.)
917 721-4723

Chelsea — Tiger Schulmann's — Mix
29 W. 19th St. (bet. 6th Ave. & Broadway)
212-727-0773

Chelsea — U S Budo Kai-Kan — Karate
110 W. 14th St. 2 Fl (bet. 5th & 7th Ave.)
212-807 7336

Korea Town — World Oyama Karate — Karate

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35 W 31st St 8th Fl (bet. 5 Ave & Broadway)
212-629-7709 www.oyamakaratenyc.org

Chelsea — World Seido Karate — Karate
61 W 23rd St 2nd Fl (bet. 5th & 6th Ave.)
212-924-0611

West Village — New York Jiu Jitsu — Karate
66F Broadway Lower Level (at Bond St.)
212-943-8310

West Village — Skin-Budokai Honbu — Aikido
77 8th Ave. Lower Level (at 14th St.)
212-691-1376

East Village — Karate Honma Dojo — Karate
64 E 4th St (bet.2nd Ave & Bowery)
646-438-0057

East Village — World Kenreikai Karate — Karate
4 W 16th St 3rd Fl (at 16th St.)
2124777 7228

Brooklyn — Aikido of Park Slope — Aikido
555 5th Ave. (at 15th St.)
718-788-5432

Brooklyn — Japan Karate Assoc — Karate
5F 5th Avenue (at 16th Street)
718 788-3345

Brooklyn — Jikishinkan Aikido Dojo — Aikido
211 Smith St (bet. Baltic & Butler St.)
718-488-9511

Queens — Aikido Club of Queens — Aikido
220 26 Northern Blvd. (at Clearview Pl.)
718-464-4810

Queens — Queens Judo Center — Judo
108-45 Metropolitan Ave (bet. 72Rd & 72Dr)
718-263-5336

OTHER

Midtown West — The Nippon Club — Dance
145 W 57th St (bet. 6th & 7th Ave.)
212-581-2223

Queens — The Arts Curriculum Center — Dance
33-24 Northern Blvd (bet. 33rd & 34th St.)
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Shop Guide

The following is a list of shops where you can buy Japanese goods conveniently.

APPAREL

Upper East — R by 45rpm — Clothing
17 E 71st St (bet Madison Ave and 5th Ave) 212-737-5545

Artfit NY — Clothing

Artfit is a Japanese alteration specialist in the heart of Manhattan. Our skilled designers, tailors and pattern makers with over 20 years of experience. We also carry a wide selection of baby and kid's clothes with high quality products from Japan.
21 W 58th St Suite 1E (5th & 6th Ave) 212-207-9095 www.artfitny.com

Midtown East — BLOOM New York — Jewelry

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301 Madison Ave (bet 45th & 46th St.) 212-370-0068 www.BLOOM.co.jp

Midtown East — Ripplu — Lingerie Shop

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575 5th Ave. 2nd Fl (at 47th St.) 212-599-2223 www.ripplu.com

Midtown East — Royal Chic — Clothing
635 Madison Ave. (at 59th St.) 212-588-0555

East Village — ARGASY — Clothing
428 E 9th St (bet 1st Ave & Ave A) 212-982-7318

East Village — BOBBY 2000 — Clothing
104 E 7th St (1st Ave & Ave A) 212-674-7946

East Village — Local Clothing — Clothing
328 E 6th St (bet 1st & 2nd Ave) 212-777-3050

East Village — Tokio 7 — Clothing
64 E 7th St. (bet 1st and 2nd Ave.) 212-353-4133

East Village — Tokyo Joe — Clothing
334 E 11th St (bet 1st and 2nd Ave.) 212 473-0724

Lower Mhn — Junko Yoshioka — Clothing
154 Spring St. 2 Fl (W B way & Wooster St.) 212-226-3302

Lower Mhn — Kazuyo Nakano NY — Accessories
117 Crosby St. (bet Houston and Prince St.) 212 941 7060

Lower Mhn — Mieka Mintz — Clothing
85 Thompson St. (bet. Spring & Broom St.) 212-627-1524

Lower Mhn — Mika Inatome — Clothing
93 Reade St. 2Fl (bet W B way and Church) 212-571-7777

Lower Mhn — R by 45rpm — Clothing
169 Mercer St. (at Houston St.) 917 237-0045

Lower Mhn — tutu — Clothing
56 Spring St.(bet Lafayette & Mulberry) 212-219-9545

Lower Mhn — UNIQLO — Clothing
546 Broadway(bet. Prince & Spring St.) 917 237-4400

Lower Mhn — Yamak — Clothing
321 1/2 Bleecker St. (Christopher & Grove) 212-807-0100

Lower Mhn — Yohji Yamamoto — Clothing
103 Grand St. (at Mercer St.) 212-966-9066

J-POP CULTURE

Upper West — Kim's Video Columbia U — Anime
2906 Broadway (bet. 113rd & 114th St.) 212-864-5321

Midtown West — Jim Hanley's Universe — Manga
4 W 33rd St. (at 5th Ave) 212-268-7066

Midtown West — Kinokuniya Bookstores — Manga
10 W 49th St. (bet 5th & 6th Ave) 212-765-7766

Midtown West — Midtown Comics — Anime
200 W 40th St. (at 7th Ave.) 212-302-8192

Book Off — Book Store

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14 E. 41st St. (bet Madison & 5th Ave.) 212-685-1410

Midtown East — Midtown Comics — Anime
459 Lexington Ave. (at 45th St.) 212-302-8192

Chelsea — Cosmic Comics — Manga
10 E. 23rd St. 2da Fl. (at Madison Ave.) 212-460-5322

Chelsea — Image Anime — Anime
242 W. 30th St. (bet. 7th & 8th Ave) 212-631-0968

East Village — Forbidden Planet — Toy
840 Broadway (at 13th St.) 212-473-1576

East Village — Kim's Video St. Marks — Anime
6 St. Marks St. (bet. 2nd & 3rd Ave.) 212-505-0311

East Village — St Marks Comics — Manga
11 St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-598-9439

East Village — Toy Tokyo — Toy
121 2nd Ave. 2nd Fl (bet. 7th & St. Marks Pl.) 212-673-5424

East Village — Video Games New York — Toy
202 E. 9th St. (at 3rd Ave.) 212 539-1036

Lower Mhn — kidrobot — Toy
126 Prince St. (bet Greene and Wooster) 212 966-0586

Upstate — Book Off — Book
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OTHER

Midtown East **Neo Gallery**
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521 W 26th St (bet 10th & 11th Ave) 212-695-4035 — Gallery

Chelsea **NYCoo Gallery**
20 W 22nd St (bet Broadway & 6th Ave) 212 390-1149 — Gallery

West Village **Art Zan Gallery**
238 West 10th St (Hudson and Bleecker St b) 646-486-9222 — Gallery

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26 Bowery 3rd Fl (bet Bayard & Pell St) 212-233-2154 — Gallery

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156 Franklin St (bet Hudson & Varick St) 212-226-717 — Gallery

Lower Mhn **gallery onetwentyeight**
128 Rivington St (bet Essex & Norfolk) 212-674-0244 — Gallery

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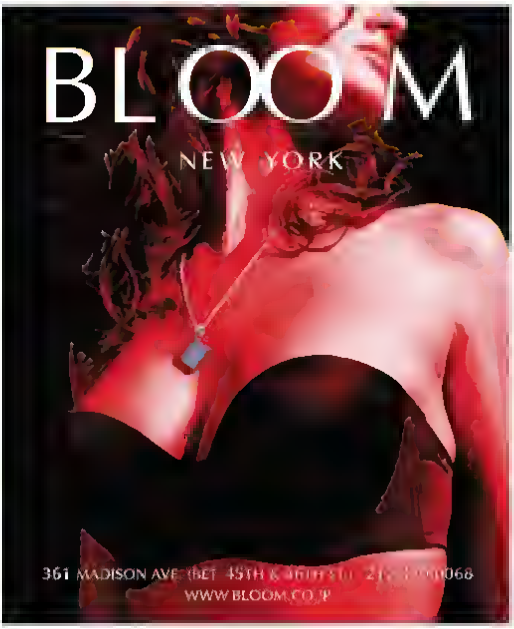


MOVIE

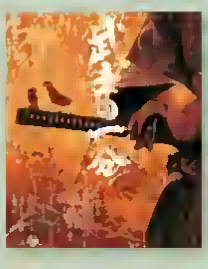
YOJI YAMADA: JAPANESE CINEMA'S MASTER CHEF

by Grady Hendrix

If practice makes perfect, then Japan's *Yoji Yamada* might just be the world's greatest director. Writing his first screenplay fifty years ago, he has gone on to write 98 scripts and direct 69 movies, but he's best known for his work on Japan's beloved Tora-san films about a scruffy drifter who wanders through picturesque corners of Japan, falling in and out of love, and going where the wind takes him. *Kiyoshi Atsumi* played Tora-san in 48 movies, almost all written and directed by Yamada, but rather than consider himself a hack, Yamada describes his work on the series as similar to being a great ramen chef who must turn out a bowl of perfect ramen every time. When the series came to an end in 1996, Yamada said, "I guess I'm unique in making only Tora-san movies."

Little did he know that in 2002 he would become world famous for his trilogy of revisionist samurai films, **The Twilight Samurai** about a middle-class sword-slinger who worries more about paying the rent than unleashing his slicing skills; **The Hidden Blade** about a master swordsman who doesn't reveal his abilities until the final scene, and now **Love and Honor** the biggest Japanese movie of 2007. **Twilight** won 12 Japanese Academy Awards when it was released and the three movies have, between them, won dozens of awards and raked in mountains of cash... in Japan.

In America, the movies haven't been embraced with the same passion and **Love and Honor** will be released on November 2 on only one screen, the ImaginAsian Theater. The story of a food taster for the shogun who goes blind when he eats a spoiled oyster **Love and Honor** continues Director Yamada's tradition of making the past feel like the present and of holding the violence in check until the tension becomes unbearable and the screen erupts in an hurricane of swordplay. Yamada may only be "a ramen chef" but at 76 years old he's a master of his craft. This is the best bowl of ramen you'll ever see.



Love and Honor (2006)
Director: Yoji Yamada
Cast: Takuya Kimura, Rei Dan

Grady Hendrix writes Kaiju Shakedown, Variety's blog about Asian entertainment.

HOT SPRINGS:

THE ULTIMATE TREASURE FROM MOTHER NATURE FOR WELLNESS

Japan has the longest life expectancy in the world, and it is often attributed to traditional healthy Japanese food. However, this is not the only thing to grant the Japanese people a long life.

Located on the volcanic archipelago, natural hot springs are spread nationwide. The majority of the hot spring resorts have natural mineral water produced by 2000-year-old underground volcanic activity, and the Japanese have enjoyed bathing in the natural hot water for centuries. Rich in natural minerals, the hot spring water has multiple effects to health such as blood circulation, rheumatism, arthralgic pain, smooth skin, and so on.

Because of its tremendous natural effects, hot springs, called *onsen* in Japanese, has established one of the major schools of the growing spa market in the rest of the world. The volcanic water temperature increases blood circulation, which consequently flexes the muscles, reduces fatigue, and enhances each body part's function. With the 100% natural mineral bath streaming out between rocks, immersed hot water up to your shoulders, your relaxation is absolutely guaranteed. There are several apres-bath options: shiatsu (finger-pressing) massage for further body treatment, icy-cold Japanese beer, or shots of Japanese sake in the bath, healthy Japanese cuisine, or strolling through a Japanese Zen garden. If you have an opportunity to go to outside hot springs, the relaxation would be multiplied by a breathtaking view from the hot water, fresh air and never-ending sky above you.

ΔOnsen & Ryokan

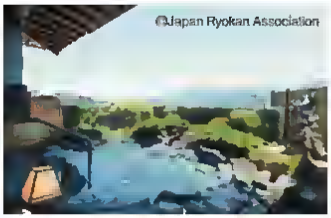
While natural hot springs in the West were developed as medical and rehabilitating facilities, Japanese *onsen* is rather for bathing and relaxation. Therefore, most *onsens* are surrounded by traditional Japanese bed-and-breakfast, called *ryokan*. *Ryokan* is also becoming the focus for foreign tourists because of the beautiful traditional architecture, interior, thorough Japanese hospitality, authentic Japanese cuisine and, on top of that, *onsen*. Based upon the long-time service experience, *ryokans* know the best hospitality for long-distance travelers, and their food, drink and the room atmosphere are also inevitable elements of the authentic Japanese spa scene. If *onsen* is located outside, the luxury is multiplied with extremely gorgeous view from the bath and the unlimited sky overhead. While relaxing in the hot mineral bath, discover the historic *ryokan* quarters.

ΔSpas near Tokyo

Within just a few hours train ride from central Tokyo, *onsens* are already available. Hakone, located on the way to Mt. Fuji, is one of the most famous *onsen* resorts among the Japanese people, and also remains a historic landmark. From the early 17th to the mid 19th century when Tokyo was the national capital and was called Edo, Hakone was the last checkpoint for east bound traffic before the capital. While being inspected for the permit to enter Edo, people would take a break in *onsen*, and many historic *ryokans* with spa facilities still remains today, attracting many weekend getaway travelers from the Tokyo area.

ΔUnique Onsens

The Japanese discovered the health benefits from more than natural hot springs. On one of the major islands of Japan, Kyushu, people lay in the sand to "bathe." The city of Ibusuki in Kagoshima Prefecture is full of southern mild weather, and the warm and beautiful sand beaches along the coast line are



famous for steaming sand baths that are heated by subterranean geysers. Wrapped in a light kimono, people lie on sand and wrap themselves with the sand up to their neck. The comfortable weight of the sand and the heat stimulate the blood circulation and provide a similar effect as sauna to the body.

ΔApes in Onsen

Nagano is known to the world since the winter Olympics in 1998, but it has long been the most popular ski resort in Japan. Located in the middle of the central mountain range of the main island, Honshu, hot springs are scattered around Nagano between the ski resorts. Surrounded by dense forests and mountains, there are several monkey habitats in the area, and the human-like apes come out and dip themselves in the hot water for relaxation.

ΔKeep in mind

Most *onsen* facilities are public and Japanese people traditionally bathe naked. Sometimes, particularly in outside *onsen* facilities, the bathing space is not divided for men or women. In recent years, the number of foreign visitors has been increasing and more and more facilities allow bathing suits in the water. However, do not be surprised if they reject your bathing suit and ask you to share the water with total strangers, men and women.

— Nori Akashi, Marketing Specialist at the New York Office of JNTO

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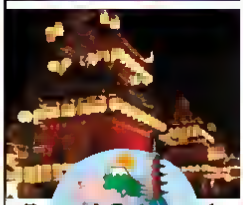

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Exhibition

September 29 to December 30
Degas and the Art of Japan
Reading Public Museum
500 Museum Road, Reading, PA 19611
The works of Edgar Degas were deeply influenced by Japanese art, yet surprisingly, there has never been an exhibition devoted to this fascinating subject until now. This will be the first such event to bring together a variety of pictures and sculptures by Degas with an illuminating selection of Japanese objects. This exhibition will feature over sixty works by Degas and some of the most beautiful Japanese prints in the world, including the only surviving Japanese print owned by Degas himself.
Info: 610-371-5850 or www.readingpublicmuseum.org

October 11 to November 16
"Out of the Ordinary / Extraordinary: Japanese Contemporary Photography"
NJCU Galleries
2039 Kennedy Boulevard, Jersey City, NJ 07305
"Out of the Ordinary / Extraordinary: Japanese Contemporary Photography," is a provocative exhibit organized by the Japan Foundation, Tokyo, and it is curated by Michiko Kasahara of the Tokyo Metropolitan Museum of Photography, one of the most visible figures in Tokyo's art world. This exhibition will be shown at New Jersey City University, both at the Harold B. Lemmerman Gallery and the Visual Arts Gallery. It features 11 young photographers who challenge conventional Western assumptions about Japanese aesthetics and culture and whose photographic vision probes the many layers of social and moral anxiety that underlie a surface of prosperity and well-being.
Info: 201-200-3246 or www.njcu.edu/dept/art/galleries/

Tomoko Sawada – from the series "cover"

October 15 to January 5, 2008
Men at Dance – from Noh to Butoh by Miro Ito: Japanese Performing Arts–Past and Present
The NY Public Library for Performing Arts (Plaza Lobby)
40 Lincoln Center Plaza, NYC
A unique presentation contrasting two of Japan's most outstanding performing arts: Noh and Butoh. This artistic and contemplative type of photographic work accentuates the quintessential quality of Noh and Butoh: strong power of concentration and subtle yet profound aesthetics of performance, with each and every move reflecting something invisible transcending the body. 50 brand new themed photographic images of artist Miro Ito will be shown for the first time in an exhibition format (world premiere), concurrently serving as a tie-in exhibition to 2007 NY Butoh Festival.
Info: 212 870-1630, www.nypl.org/research/lpa/lpa.html, or www.miroito.com

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October 26 to November 23
NACRE
A Project by Luca Bertini and Marco Antonini
ise Cultural Foundation Gallery
555 Broadway, NYC
Luca Bertini and Marco Antonini's NACRE is an ongoing project in which data inconsistencies retrieved from the net bloom into an ever changing sprawling 3d structure. A plentiful mass of interferences and anomalies (the multi-faceted constituents of networks that are no longer able to produce a linear, unequivocal reality) is therefore perceived as a threat to the purity and determinism of the "outer environment." This chaotic structure is built from huddling hexagonal platelets designed over information collected by a spider (an automatic computer program which crawls the net in search of data). NACRE resembles a product, but its approach to the economy and ecology of networks is completely unique. Personal data treated by NACRE takes a completely useless, anti-iconic form, ultimately by redefining the rationale of the environment, what they were originally from, and dramatically extending its possibilities.
Info: 212-925-1649 or www.isefoundation.org

Event Feature — MAKING A HOME: JAPANESE CONTEMPORARY ARTISTS IN NEW YORK

FEATURED EXHIBITION OF THE CENTENNIAL PROGRAM JAPAN100: CELEBRATING A CENTURY (1907–2007)

October 5 to January 13, 2008
Japan Society
333 East 47th St., NYC
Info: 212-832-1155 or www.japansociety.org

To celebrate the strong and historic cultural links between Japan and New York, Japan Society Gallery presents Making a Home: Japanese Contemporary Artists in New York. The second featured exhibition of Japan Society's 2007–08 centennial celebration, Making a Home is a large-scale group exhibition featuring the work of 33 Japanese contemporary artists who call New York City home. The show not only includes a broad range of media—from painting, sculpture and photography to fashion, architecture, and sound art—but also covers diverse age groups, identities, experiences, and styles that display the breadth and depth of Japanese contemporary art as developed, practiced and presented in New York. The artists and works included in the exhibition provide insight into ideas and processes stimulated by the confluence of cultures that is New York City. Presenting works by artists who have been active in New York since the 1960s as well as young artists who have been in the city only a few years, Making a Home emphasizes that Japanese artists have made the city their home for decades, and for a variety of reasons. Although their individual practices are unique, these artists share the common trait of venturing from their homes in Japan to stake claim to the capital of the international art world, New York City, where each has created a new aesthetic vocabulary influenced by Japan, New York, and the world beyond.

ON Megumi Akiyoshi: FLOWER gallery, 1999. Frames, acrylic paint, plywood, cardboard, transparent sheet. 10' 10" x 12' 9 1/2" x 26" (3.3 x 3.9 x 8 m). Collection of the artist. Photo: ON Megumi Akiyoshi

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November 2 to 14
Nagatoshi Shibata: "Blue from Snow"
The Nippon Gallery
145 West 57th St., NYC
The Nippon Gallery presents the exhibition "Blue from Snow" by an established Japanese Painter, Mr. Nagatoshi Shibata. This gallery event features 15 paintings and 3 stained glass pieces on display. Please don't miss this opportunity to see a rich mixture of light and color. Free admission.
Info: 212 581-2223 or info@nipponclub.org

Performance

October 21 to November 21
The 3rd Biennial New York Butoh Festival
CAVE
56 Grand St., Williamsburg, Brooklyn, NY
The CAVE New York Butoh Festival celebrates the origins and international evolution of butoh in a biennial festival of performances, workshops, films and lectures. The third edi-

tion will build upon the successes of the prior two sold out festivals and will feature three weeks of activities across the city Butoh is a contemporary dance form that emerged in Japan in the late 1950 s and is now practiced worldwide Butoh defies easy definition and embraces paradox. it fuses the traditional with the avant garde complex choreography with improvisation and wild physicality with meditative stillness The New York Butoh Festival is a program of CAVE Organizatron one of the longest running experimental art spaces in Williamsburg, Brooklyn

Info: 212-561 9539, 718-388 6780, or www.caveartspace.org/

November 6 to 11

Ryuji Sawa The Return, New York Premiere Performance

Theater for the New City

155 First Ave., NYC

This is a Japanese show incorporating dazzling elements of Japanese popular theater, including Kabuki dance, Taiko drumming, sword fighting, martial arts and instant costume changes The show features Ozora Takami, a 12-year-old Japanese fan dance prodigy who will play the role of a geisha in a Kabuki fan dance Lighting design by Rie Ono

Info: 212-206-1878 http://www.tkonyc.com/, or email to info@tkonyc.com

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November 8 to 11 & 15 to 18

Michi Yamamura & Emi Ikehata in "I and Me & You and I"

The Theatres

45 Bleecker St NYC

"I and Me & You and I" is a play about two women who would not normally meet – one a middle-aged, snobbish banker at the end of her rope, the other a young, air-headed, but sweet-natured stripper As the two women deal with the extraordinary circumstances that bring them together, a comic and touching tale unfolds that speaks eloquently to the gap between generations and provides fascinating insights into the current culture of Japan While there is currendy a "boom" of interest in Japan within the United States as indicated by the popularity of such cultural exports as Manga Anime, and films, there are few theatrical productions that effectively communicate the contemporary nature of Japanese life. Most Japanese theatre productions portray Japanese society through a classical or historical lens "I and Me & You and I" is very much about modern Japan The play has been produced twice in Japan to rave reviews It will be presented in English for the first time

Info: 212-398 7145 (Gorgeous Entertainment)
212-239-6200 or www.telecharge.com (ticket)

November 8, 15 & 29

Free lectures at Donald Keene Center of Japanese Culture

403 Kent Hall

Columbia University (bet. 116th St. and Amsterdam Ave.)

The following free lectures will be held on November 8, 15 and 29th respectively Each lecture features a guest speaker The Fate of the Japanese Language in the Age of English (November 8th) Global Sushi Soft Power and Hard Realities (November 15th)

Eccentric Spaces, Hidden Histories Narrative, Ritual, and Royal Authority from The Chronicles of Japan to The Tale of the Heike A Book Talk (November 29th)

Info: 212-854-5036 or www.donaldkeenecenter.org

November 10

Kazuo Arao 75th Birthday Celebration

Weill Recital Hall

Carnegie Hall

57th St. & 7th Ave.

Come celebrate vocalist Kazuo Arao's 75th birthday with Emiko Tada and Her Quartet featuring Emiko Tada, Piano, Norifumi Ohnishi Guitar, Yoshiro Kanda, Bass and Toshio Nakajima, Drums as they play jazz and pop standards

Info or www.carnegiehall.org

November 28, 30 & December 1

SHIP IN A VIEW

BAM Howard Gilman Opera House

Peter Jay Sharp Building

30 Lafayette Ave., Brooklyn, NY 11217

Japanese dance theater troupe Papoa Tarahumara creates expressive and poignant visual spectacles Drawing on dreams and memories of his seaside Japanese home, the troupe's artistic director Hiroshi Koike conjures images at once hallucinatory, disturbing, and droll in Ship in a View. A small vessel sails across the stage at a stately pace A pole rises skyward its flag buffeted by the wind Singing, foghorns, and eerie lamentations fill the air as the dancers emerge from the shadows Initially disconnected, the twelve performers' movements transform into clusters of vibrant, full-out dancing When hundreds of flickering bulbs descend from the ceiling to the stage, bathing the whirling bodies in a silvery light, it's unclear if this is the past, present, or future What is certain is that there is nothing quite like entering—if only briefly—Koike's surreal world

Info. 718-636-4100 or www.bam.org

Lecture/Forum/ Film/Festival

October 20 to November 18

Kiku The Art of the Japanese Chrysanthemum

The New York Botanical Garden

Bronx River Parkway and Fordham Road, Bronx, NY

Visitors will be able to experience the enchantment of dance, the thrill of drumming and the excitement of samurai sword techniques Hand-weaving and origami demonstrations Japanese poetry readings, as well as sushi and tea ceremony presentations will deepen visitors' understanding of Japa

Hop, Step, J-pop!

By Katherine Dacey Tsuei

The Ultimate Manga Guide

Whether you recently discovered Fruits Basket or own a dog-eared edition of Lone Wolf and Cub Manga The Complete Guide (Del Rey) is a resource that belongs on your bookshelf Penned by former Viz editor Jason Thompson, this 592 page book reviews the 900+ titles that have been released in the United States since 1987, the year Lone Wolf and Cub first appeared in English. Each entry provides a brief overview of the series plot and characters, rates the work on a scale from zero to four stars, and offers age guidelines for parents The Complete Guide also includes a comprehensive glossary of terms and profiles of major artists such as Rumiko Takahashi (InuYasha, Maison Ikkoku), Osamu Tezuka (Astro Boy Buddha), and CLAMP (Chobits, xxxHolic) Hardcore fans will appreciate the informed discussion of seminal works such as Akira and Rose of Versailles, while newcomers will appreciate the helpful sidebars demystifying manga's numerous subgenres. Although Thompson acknowledges the growing importance of manwha (Korean comics) and OGM (original global manga that is, manga created in the U.S or Europe) in the American marketplace, readers should note that The Complete Guide focuses exclusively on translated Japanese comics That said Thompson's book is an indispensable tool for navigating the crowded manga aisle at your favorite bookstore

www.popcultureshock.com
www.midtowncomics.com

nese culture and art. Explore the complexity of two ancient Japanese arts bonsai (growing dwarf plants) and ikebana (flower arranging)
Info: 718-817-8700 or http://www.nybg.org/

November 9
The Warped Ones (Kyonetsu no kisetsu)
Japan Society
333 East 47th St., New York, NY 10017

©1960 Nikkatsu Corporation

Among director Kurahara's boldest departures from studio convention his 1960 film The Warped Ones (aka Season of Heat and The Weird Lovemakers) is a black-and-white portrait of youth culture gone wild. The main actor Tamio Kawachi plays Akira, a punk imprisoned for stealing. Upon his release Akira meets the man who gave him up to the police and rapes his fiancee. After learning the woman is pregnant with his child, Akira discovers his actions do have consequences sometimes violent, fatal and absurd
Info: 212 715 1258 or www.japansociety.org

November 9 to 11
Japan Arts Matsuri (JAM) 2007
The Showcase of The Japanese Artists in New York
JAVA CENTER
176 Java Street Brooklyn, NY 11222

This fall, the Japan Arts Matsuri 2007, the innovative Japanese performing arts festival will come back again. This event has been well received in the last two years of its existence here in NYC. They operate in cooperation with the Japanese dance company, Faune Dance Troupe and New York Dance & Arts Innovations, Inc. (a non-profit organization) to bring this event to you. Japan Arts Matsuri is a performing arts festival where Japanese artists and Japanese culture meet. Their goal is to spotlight and support the Japanese art culture and tradition through live performances and exhibitions. It brings Japanese artists with different backgrounds and experiences together in NYC.
Info: 917-689-1899 or www.faunedance.com

November 11 & 12
All Asia Food & Expo, Comida Latina & Kosherfest
Jacob K. Javits Center
655 West 34th St. NYC

Cultural Food Expo NewYork, is the new umbrella brand name for the food convention that will showcase Hispanic, Kosher and Asian foods this fall in New York City. This expo will offer a vast array of lectures, educational seminars, culinary demonstrations and events for the food professional. Cultural Food New York offers the single largest marketplace for showcasing ethnic food, food ingredients, and beverages, while providing an opportunity for super market retailers, specialty stores, caterers, restaurateurs, foodservice and hospitality professionals to find the newest products under one roof. The 2007 event is also co-located with The International Hotel/Motel & Restaurant Show (IH/M&RS), bringing a diverse and unique culinary experience. Combined, the total market experience will feature nearly 2,000 exhibitors and is expected to draw some 45,000 buyers, representing the largest showcase of its kind in North America
Info: www.culturalfood.com/newyork

JAPANESE NUTRITION EDUCATION
Future of Tuna - The Japanese Super Solution

Tuna is more popular in the U.S. than ever. For example, 100,000 pounds of tuna are consumed on the East coast every week. This is a huge amount! No wonder tuna cannot be caught close to land anymore. A Japanese company invented a ship that has a special freezing system. Once the tuna is caught, it is quickly bled, processed, and frozen at or below –60°C. The brand Super Frozen Tuna uses this method and provides 80% of the tuna for consumption in Japan at a price 20% lower than fresh tuna. American chefs believe that frozen tuna does not taste as good as fresh tuna. High-grade fresh tuna will disappear within five years at its current rate of decline. I have eaten Super Frozen Tuna and it does not taste much different from fresh tuna, although frozen foods must be high quality before the freezing process. I had a bamboo shoot that had been frozen three years prior and it was delicious! The farmer said with a big smile that that bamboo was the best quality he had ever seen, which is why he decided to freeze it. So the point is, that Super Frozen Tuna is not your regular frozen food, it can be very high quality and it is the only current solution if we continue to demand tuna.

Shigeko Fuke
An experienced freelance journalist, covering the latest news within the New York area. She founded the Not-For-Profit Corporation JCCA-AMERICA in 2005. www.is-fuente.us

November 10 & 11
Fresh Giant Bluefin Tuna Cut Performance
Mitsuwa Marketplace
595 River Road, Edgewater, NJ

Mitsuwa Marketplace gives you a great opportunity to watch a rare performance where professionals reduce a 400-pound bluefin tuna to sashimi. You can see master chefs cut and slice a whole bluefin tuna right before your eyes. This dynamic presentation is held twice at 12pm & 3pm on each day. Not only is this a rare experience to see, but you can also get fresh tuna as tuna blocks, or as Nigiri sushi, freshly made by master chefs, which is available from 11am to 4pm.
Info: 201-941-9113 or www.mitsuwausa.com

December 7 to 9
NEW YORK ANIME FESTIVAL
Jacob K. Javits Center
655 West 34th St. NYC

The New York Anime Festival is a new anime convention launching at the Jacob K. Javits Center in Midtown Manhattan. It will feature exclusive and extensive anime screenings, guests from America and Japan, manga, cosplay, video games, live-action Japanese cinema, fashion, food, and the cultural treasures that gave birth to Japanese pop culture. Artists, animators, musicians, producers, directors, writers, voice actors – there are a lot of people who play a role in the making of anime, and the New York Anime Festival will be bringing both the big names everyone knows including Kobun Shizuno, who is a co-director of Evangelion, and Peter Fernandez, who is the iconic voice of Speed in Speed Racer, as well as the staff normally in the shadows of New York City. From creators to copy editors, who all play a role, and all will be celebrating together at the New York Anime Festival.
Info: www.nyanimefestival.com

EARLY BIRDS CATCH A SPECIAL DEAL THIS FALL AS THE KITANO NEW YORK'S HAKUBAI RESTAURANT OFFERS A UNIQUE JAPANESE DINING EXPERIENCE

Although the early bird usually only gets a worm this fall you are in for a delicious deal at the Michelin-rated Hakubai Restaurant, located in The Kitano New York, as the restaurant features its "Early Bird Autumn Special Dinner." Considered one of the country's most authentic Japanese restaurants specializing in traditional Kaiseki fare, guests can enjoy Hakubai's unique Kaiseki-inspired multi-course meal for a special rate of just $58 per person taxes and gratuities not included from October 9 – December 15 2007. This menu is available each evening for orders placed from 6 – 6.30 p.m. and seating is available until 8 p.m. Kaiseki is a distinctive and delicate cuisine with roots in Zen Buddhism and the traditional Japanese tea ceremony. The multi-course dinner is served on an exquisite array of porcelain, pottery and lacquer dishware at carefully timed intervals. Hakubai's Executive Chef, Yukihiro Sato, has created a traditional Kaiseki-inspired menu for Hakubai's "Early Bird Autumn Special Dinner." After the delicious dinner, don't forget to touch their "Lucky Dog," a big dog sculpture created by Fernando Botero and installed in The Kitano New York's main lobby! Rumor has it that it is a secret of power and luck for New Yorkers.

Location: Location (Hakubai Restaurant): 66 Park Ave., NYC. Info: 212-885 7111 or www.kitano.com

DON'T MISS THE BIG THANKSGIVING SALE AT BOOK OFF

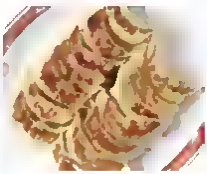
The famous Japanese second hand bookstore, Book Off will offer a great Thanksgiving sale, from November 11 to 25. Selected English books will be on sale 30% off during this time. It would be a great surprise to find your favorite books at such reasonable prices. The selection is very diverse, having many categories. Book Off also has a large DVD and video selection as well. A paradise for booklovers, it's open 7 days from 10am to 8pm.

Location: 14 East 41st St., NYC. Info: 212 685 1410

GYOZA JOINS THE POPULAR RAMEN MENU OF SETAGAYA

Newcomer noodle restaurant Ramen Setagaya has already captured New Yorker's hungry stomachs. The signature Shio Ramen is a really popular dish and it is not rare to find a long line of people waiting for seats in front of this ramen joint. Now Ramen Setagaya just introduced delicious Gyoza in their menu. The cutting edge pan they use makes the gyoza crispy and tasty. It's the perfect match with Ramen. A set menu of Ramen & Gyoza is available at just $12 (regular price is $14) for a limited time. Don't miss this great limited offer!

Location: 141 1st Ave., NYC. Info. 212-529-2740



CALPICO® RELEASES NEW PACKAGE DESIGNS ON THE 500ML BOTTLES FEATURING HELLO KITTY

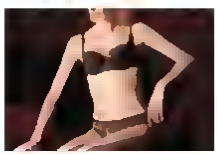
Calpis USA has partnered with Sanrio's Hello Kitty™ brand in releasing new CALPICO® labels featuring Hello Kitty images. CALPICO is a non-carbonated drink made of high-quality nonfat milk enhanced with a distinctive lactobacillus culture. It boasts a refreshing taste with hints of citrus and yogurt flavors. CALPICO's four flavors, original, peach, strawberry, and mango, will each have four new package designs this fall. These flavors join the newly released CALPICO Lychee, which already features the popular kids' character on its packaging. Together with CALPICO Lychee, 20 Hello Kitty™ design labels will be in the market. Available only in retail outlets in the U.S. market, the 500ml (16.9oz) plastic bottles have been on store shelves nationwide since October. CALPICO products are generally available in local Asian supermarkets across the U.S., serving Japanese, Chinese, Korean and other communities.

Info: www.calpico.com

THE RIGHT BRA CREATES BEAUTIFUL BREASTS – 1,2,3!

The custom fitting lingerie boutique Ripplu New York store is introducing new collections of the high profile lingerie brand "Bradelis New York." Ripplu also introduces a special breast reforming method called the "Step 1-2-3 System" in order to make breasts beautiful. "The first step is to gather fat, the second step is to create breast from the fat, and the third step is to push it up and contour." At each step a specific bra is used. Their new collections are all available now. Bring this article or a copy of Chopsticks NY magazine to the store and with the purchase of $50 or more, you will receive the lingerie detergent "Forever New Fabric Care Wash" (4oz) during November.

Location: 575 5th Ave. 2nd Fl. NYC
Info: 212-599-2223 or www.ripplu.com



Live Jazz, DJ Nights, Sake Tasting – Many Events are Waiting for You @ CHANTO Restaurant!

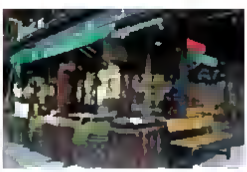
Live Jazz music is performed every Tuesday and Thursday night at CHANTO Restaurant, with a special jazz dinner menu now. No cover charge. In November, shows on Tuesdays are available from 8pm to 11pm. Availability for Thursdays is on the 1st 8-11pm, 8th & 11pm, 15th 8-11pm, and 22nd & 30-11:30pm. Fridays and Saturdays are DJ Nights. Check their website for the November schedule. Sake tasting is also available at CHANTO Restaurant. On Tuesday October 30th, premium brands of Japanese sake by prestigious sake brewers are served at the sake tasting party. Customers can also enjoy tasty sashimi and sushi of fresh tuna as well as other delicious hors d'oeuvres.

Location: 133 7th Avenue South (bet W10th & Charles St.) Info: 212-463 8686 or www.chantonyc.com

Special Lady's Set until December @ CHOSHI Restaurant

Celebrating a 20-year anniversary this year, CHOSHI is offering the special Lady's Set until December ($15 for lunch, $17 for dinner). It includes four pieces of sushi, agedashi tofu, salmon teriyaki, seaweed salad, spicy tuna tartar and dessert served with miso soup and a small salad. Daily specials are also served for lunch and vary everyday ($9). Don't miss the excellent Mochi ice cream or Tempura ice cream to satisfy your bold taste. Green Tea, Red Bean and Strawberry are available for those who like to stick to basics. Make reservations after 7pm.

Location: 77 Irving Place (corner of 19th St)
Info: 212-420-1419 or www.sushichoshi.com



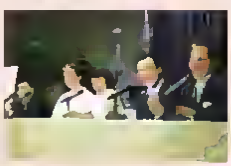
Happenings Feature

You Know What happened?

The 14th New York Mutual Trading Restaurant Show Delivers the Artisanal Goods!

On October 1st, the 14th New York Mutual Trading restaurant show was held at the Altman Building in New York City. New York Mutual Trading is a Japanese food distributor founded in 1926. They carry over 4000 products including authentic Japanese ingredients, premium Japanese sakes, and restaurant supplies. Last year they started a new line called MTC PREMIUM. The theme of this year's show was Breaking Boundaries, Building Bridges and was accomplished by introducing "Japanese artisanal ingredients." Many events were held including panel discussions and lectures with Japanese food specialists, sake tasting demonstrations by Japanese breweries including Asahi Shuzou, Nanbu Bijin, Takenotsuyu, Katoukichibee Shouten, as well as food tasting demonstrations held by Japanese food companies including Azuma Foods and Monnaga Nutritional Foods Inc. The show was quite successful. More than 400 people attended from restaurants and retailers around the world, praising the high quality of these products.

Info: 201-933 9555 or www.nymtc.com



Let Our Flowers Inspire You

Flowers abound in our happiest, most thankful moments. So why not festoon your table with an autumnal centerpiece or bring a bouquet to your host this Thanksgiving?

*We ask that you make your orders the Wednesday before Thanksgiving as we are closed on Thanksgiving Thursday to make deliveries and allow for pick-ups. Our holiday store hours will begin the Friday after Thanksgiving.

We look forward to serving you this holiday season.

Mention "Chopsticks" and we'll take 10% off your purchase of any faux flower item.

#1 in Customer Satisfaction

Terry May Concept Flowers www.TerryMayNY.com

Inside the Citigroup Center Atrium, 1st Floor
153 East 53rd Street (bet Lexington & 3rd Avenue) Mon-Fri: 8:30AM-8:00PM
Saturdays open by appointment Tel: 212-888-0303 info@terrymayny.com

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